Laymans Guides

episode III

RETURN OF THE SYRINGE

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Introduction by Mick Hart

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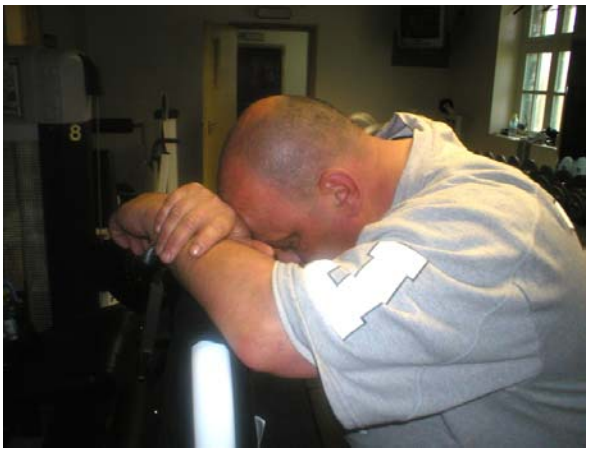

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INTRODUCTION

Many people have asked over the last few years when I was going to update information on the steroids in use to day. I answer that easily by saying what extra can be said about a certain steroid that has not been already written because to be honest there is not much that CAN be said. There are not many new steroids except for the numerous counterfeits that abound and their variety continues to grow, sadly.

It truly pisses me off when I get hammered from the more advanced reader moaning about the fact that I may have not written enough about e.g. Sustanon or Deca or the favourite PCT i.e. HCG, Clomid or Arimidex etc. Have you ever thought that it may be MY opinion that I do not agree that shit loads of HCG, Clomid or Arimidex should be taken! Maybe I feel that MOST people worry too much about PCT (post cycle therapy) when they have either not taken ENOUGH gear in the first place or the gear that they have taken is shite anyway; the latter being the most probable!

Look, this book has been written for the ABSOLUTE beginner - period! It is up to YOU the reader as and when you should stand away from the beginner's podium. Don't moan and groan if this book does not contain information about such drugs as insulin, DNP, SEO's (Synthol), Nubain, GHB and certain diuretics because there is a good reason why they have been omitted and will continue to be omitted and that is because I do NOT believe that we should use such shit. Further, I do not agree with people who pass on this type of information when they know jack shit all about how to use them! I am asked countless times to give information and yes I COULD give information and advice on a basic way on which to take them, but it is that basic knowledge that is NOT good enough. I feel personally that unless you are 100% plus in the know of how to use such products and also that you could guarantee a safe and successful therapy during the time using them then you should be wary of ANY advice given. Now, when a person's life is literally at stake, especially with insulin as a prime example, then stay away. It is a simple as that. I do not agree with using such shit and never will. Steroids ARE safe if used with care and sensibility especially if one listens to someone who does know what they are talking about, remember that.

I also ask the reader to be especially wary towards the new fad which is now aimed at increasing the size of standard and time served amps and multi vials.

For instance, these last few years alone I have seen e.g. test cypionate go from 200mg per ml to 250, 300, 350, 400 and now 450. I doubt many if any of these products are real and have yet to figure out why people do not question why a product jumps in strength so often and so quickly. The answer is simple; any way to increase the chances of YOU buying them will be taken and this is one way of making the buyer think that they are getting more for their money - not so, more like more oil for more money. If at all, the best they would be getting here would be wither a low power Deca or propionate; both favourite products used by counterfeiters. Be careful and be vigilante. Don't take a chance on saving a few pennies for the sake of safety.
I reiterate, the book is for a beginner but it does not mean that the more experienced cannot adapt and apply any of the methods, cycle and safety aspects into their own training. You may be pleasantly surprised if you do and learn that little bit of something that could change you for the better. Think on, we could all learn something for the better.

THE LAYMAN'S GUIDE EPISODE III

Return of the Syringe

This report has not been put together to convince you that you should take steroids (gear) but it has been designed to advise and guide you through the options available to you with safety paramount. There are countless books on steroids educating you on how to use steroids but very few on why and if it is the right thing for you to do. You must understand that safety and the sensible usage of steroids are two aspects that attention must be given to totally in order that all bases are covered. As with most things there is a price to pay with anything but we can reduce the problems to the minimum or even nil if you pay attention to all the points that we have to make; and there are many that you need to be aware of.

Not so much of a problem but more of a concern is the issue of OTT (Over the Top) cycles to which I have made serious points on here

in this booklet and one that you should seriously take note of as this is one area where you CAN get hurt if you do not take notice. We will come to that later on in the book.

But have you actually sat and thought it through thoroughly rather than bypassing the hurdles rather than clearing each one at a time and be sure and convinced that it is the right thing that you are doing, because you should take it literally one step at a time. Why? Because the outcome, should it be as successful as you hope, can change your life in so many ways that you could never imagine, but it has to done properly and for all the right reasons.

So, why have you decided to use steroids in your training? Let's look at a few reasons, well some that I am aware of seeing as these questions where asked by myself to myself about a million years ago - ish - and believe me before I made the decision I really did think deeply about what I was to do and why. What are we looking for BEFORE we make the decision and what are we looking to achieve when we add the gear to our training?

- To be the best that one can be
- Achieve mass
- Quality of said mass
- Low body fat percentage as possible
- Improvement on specific body parts
- Self confidence
- Immense pride through personal achievement
- Impatience (who isn't)

But , and this is a BIG but, gear alone will not bring us these things alone, I personally believe that we should have exhausted our options, tried everything and anything before we pop a pill or stick a needle in our butts. Ask yourself this, have you truly tried everything? Ask yourself these questions. Have you tried...?

- Tried every method of training you know?
- 3, 4, 5 or even 6 days a week training?
- Split systems, double splits?
- Supersets, drop sets, quad sets?
- High intensity, low intensity?
- Overtraining, under training?

See what I mean? Just ask yourself, but then look at other options you SHOULD have asked yourself before considering the gear. Have you tried…?

- Altering your schedules, am or pm, before work, after work?
- More free weights than machines and vice versa?
- Partial and full repetitions?
- Cheat training?
- Power training, low rep, single reps?
- Dumbbells, barbells? Have you utilised them all in your training?

- Heavy and light days or weeks?
- High cardio, low cardio or NO cardio?
- Lagging or weak body parts, have you tried to improve on them?

And there is SO much more. But if you can truly ask yourself that if you have made your decision after at least trying half of these suggestions, then you can consider yourself to have been be fair to yourself. Now then I did all these things and more before I made the jump and I am proud that I did so and the reason is simple. I know that if I can get to be the best that I can be personally through doing these things to the best of my abilities then just how good in myself would or could I be when I add the gear? Does that make sense because it should you know.

But there are those that take the piss, refuse to try and train as natural as they can and listen to the OTT "I ain't waiting for shit" brigade. They do not understand that a safe, sound house is built on firm, strong foundations and the fact that this "apprenticeship" to oneself is based on safety and gives the person a far better idea as to how he or she will react to the gear. Now, the OTT brigade has no fears, not for themselves nor the people that they are advising. Here is my opinion of OTT cycles.

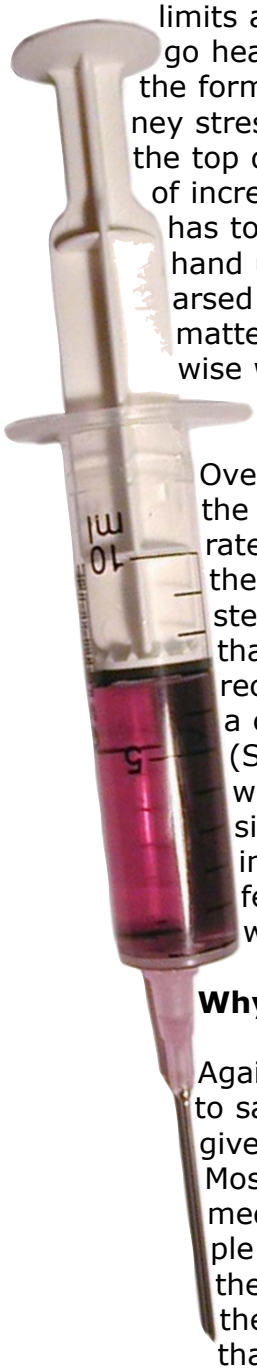
What is OTT?

I suppose that this section will be viewed as a load of bollocks to those who view safety in cycling as a secondary issue and no matter what I say or how carefully I try to put the point over, those that have no fear for what they do (or what fellow bodybuilders will suffer in the meantime) will continue to take such cycles no matter what proof we can bring forward.

Having said all that, I respect anyone's decision to take what they want so long as they know what they are doing and have a plan for the outcome, or as best as they can see. Why would I say that? Easy, because if that person has previous knowledge of what a singular steroid can do for them, then they are on the right track to being able to identify what each one does and what the effects are long and short term. But… that is not always the case and in fact that is why most people who use OTT cycles without any prior knowledge of individual steroid effects have problems or at the very least produce nothing in the way of results, apart from the usual massive water retention gains.

What is regarded as too much?

To be honest and fair it lies with the individual as to the amount they take, but there has to be a reference point, a level to which people can set targets, beginners especially otherwise the latter would be hitting the top side effect limits and over. Without a barrier, a limit to beware of and many just go head on into the breach and problems ensue. These usually take the form of water retention, acne, lower back problems (liver or kidney stress usually) as examples. Libido can also be affected on over the top dosages but in the main for first time users this is in the form of increased sexual activity rather than the opposite. But someone has to point out the basic levels that one can aim for and I put my hand up to that years ago, much to the disagreement of the "hairy arsed - take as much as you can get into the needle" brigade. No matter what their opinion a safety base HAS to be established other wise we would have seen more than our fair share of major problems due to dosages taken OTT.



Over the many years, we older bodybuilders have set ourselves as the guinea pigs for the majority that is how we can be so accurate to be honest. Don't get me wrong, most of us have based the structure of our dosages with maximum knowledge of the steroid and its uses in general medicine and then there are those that basically close their eyes and jump in with both feet - not recommended but in some cases that is just how it has been, If a certain side effect of a drug i.e. Clenbuterol Hydrochloride (Spiropent) is taken into consideration then we can wonder why we have tried and thankfully been successful. Clenbuterol has a side effect where brown fat is burnt as the major effect where in fact the actual usage for 'Clen' is in the main for asthma sufferers in the main, but you can see the reason why we try what we try and do what we do, the reasons are obvious.

Why not just take as much as you can?

Again, it depends on the individual and this article is not intended to say what is right and what is wrong as I see it, it is intended to give a guideline as to how careful one should be.

Most of the shit that we bodybuilders get, especially from the media (and also down to their lack of knowledge) is due to people who have decided to give the gear a go, take as much as they can without limit and (in their hope) rely on the fact that the gear will do most of the work. THIS is the biggest mistake that they usually make.

Let me give you an example of what I am trying to say. A few years ago a guy came to see me with a plan. He had decided that he should do something about his body and had come to the conclusion that he would have to go to any lengths to get to where HE could see himself going. So he approached me with his set plan that (bear in mind) he had also put before a few other guys

previously.

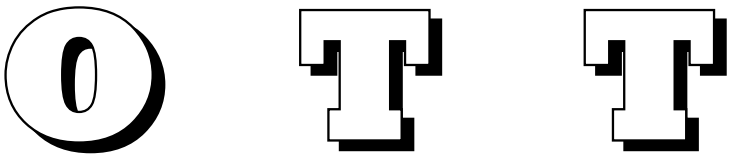
Now the plan was not basic in its construction, it was obvious that it had been created from many different training schedules and I commented that if he did implement this system then he would have to have the recovery rate of a cheetah - but he would not listen. I could see from then there was going to be problems.

So I asked that if he did follow the system that he had planned, how he had thought that he could recover from such a gruelling schedule and expect to grow. He could not answer because he fully expected the steroid cycle (by the total fucking nutcase in the gym) would produce all the results that he expected and he expected a lot.

He based his expectations on the fact that if he did enough training, and that meant to train over and above the norm, the drugs would build him, lose the excess fat, reduce his waist and at the same time increase his chest, biceps etc…. in a nutshell he was expecting too much and would not see further than his nose end. This was to be his downfall.

What do we see as too much?
I have been criticised for my less than conservative cycles; been told that they would not make anyone grow. Oh how wrong the critics have been and with my record of coaching success I can hold my head up high. But one of the reasons that I can hold my head up that I am proud of is that no one has been hurt through my advice and that my policy of "steady and careful" is respected the world over. I will always make the point and do now that once it is in, you cannot take it out! Remember that.

Let me give you an example of how I see an OTT cycle as compared to one of mine and the reasons why. For instance, with a long acting steroid such as testoviron, I would use this as a main stay of a mass building cycle and then we could add further steroids to the cycle to induce different effects according to the needs of the individual. But over the years I have found through personal and coaching experience that a dosage of 250mg every 5 days is more than enough to make even the more stubborn bodybuilder grow; in fact a dosage of one of these shots every 7 has proven its worth on more than one occasion. So, if we are growing sufficiently and at a rate that we can be comfortable with it is my professional opinion that there is no real need to increase the dosage to levels more than that.



Find following an OTT example cycle that someone sent me based on one of my own cycles of:

MICKS CYCLE

Sustanon 1 x 250mg x 5th day
Deca 1 x 200mg x 5th day
Winstrol 1 x 50mg x 3rd day
(**Note: We would reduce the amount of jabs by taking the sustanon and deca in the same syringe and taking the Winstrol in the deltoid)**
Nolvadex @ 20mg per day

ACTUAL OTT CYCLE:

Sustanon 1 x 250mg x EVERY day
Testosterone Cypionate 1 x 200mg x EVERY day
Anapolon 50mg x 7 per day
Dianabol 5mg x 10 per day
Clomid 50mg x 3 per day
HCG 2500ius - post cycle x twice per week

Now… that is how I suggest a safe cycle which is a proven method of growth as opposed to the OTT cycle that was sent to me below and this is NO bullshit:

See what I mean? The amount of gear that he chose to use on the OTT cycle is **MASSIVE** in difference to that of mine. Now there was in fact more to this cycle but as I read the suggestion that was sent to me from one of my people who obviously doubted the cycle that I gave him in the first place. Bear in mind that the person in question had gained a staggering 14lbs in only two short (yet sensible) cycles with me. His view was that if he could gain 14lbs with my cycle, it had to make perfect sense that he could double it on the OTT cycle. But that was not the case here.

What he did get extra in fact was acne SO bad that it was very nearly a hospital case due to the severity of the problem. His nuts shrank so bad that he tried (to no avail) to increase the HCG twice fold to correct the problem. This too did not work. The massive increase in androgens and no effective defence against estrogenic build up resulted in serious time off training for surgery - inevitable in his case. So in fact he did gain more on the OTT cycle than on mine. OK not what he wanted, but he gained all the same. I tried to explain that a 14lb gain was more than most people could dream of and would achieve and that he should be happy with that kind of gain. Obviously he was not and thought that he could achieve double that on every cycle without problems - not so as you can see.

So why could **HE** not see? That is easy to explain. As long as there people such as me who can actually say that a tried and tested method AND safety is really the best method, then there will be those that find it easy and comfort-

able to react against it, but that is life I suppose. Hey, I am not 101% right with all that I do and say because we all are learning, but I do know that I can say that I am 101% up on safety and the continuation of a steroid cycle with that first and foremost in my mind. Bodybuilding maybe good and we can and do take risks but unless we strive to minimise those risks as best we can, we must come to the conclusion that it may be good - but it ain't **THAT** good.

The moral of this true story is simple; just think before you make a decision that could seriously damage you and for life. OK it could be said that of all steroid intake but not so if we do what we do and as safely as possible. If there is no real need to take ONE more jab than you need to, if there is no real need to take in ONE more tablet than is absolutely necessary then why do so? Remember in most if not all cases, more is not always better and with steroids you have to put that in the forefront of your mind; the alternative being not such safe and predictable steroid therapy. I will leave you with that thought but one that you should be very aware of indeed.

AGE DIFFERENCES AND STEROIDS

One of the questions asked so many times is regarding the age difference and whether or not is it is better to take the gear when you are younger rather than later on in life. Most think that the younger you are the better it is and that you would fare better with youth using steroids, but it is not the case and for the simplest of facts, there are serious issues here also that need to be given the up most attention and I urge the young especially to take note of these facts.

With youth comes impatience, we all know that and we also understand how frustrating it can be when you are trying to progress as fast as possible and with a wish to emulate your mentors. I was just the same. But nowadays those urges are easily solved and the patience calmed with the ease of obtaining steroids the world over. But with that ease problems lie waiting in the wings and the issues of obtaining steroids and the problems will be covered later on in the report. I refer to the "youth" as an all round referral because young women using gear are on the increase too. Let me explain the reason and case for young V old.

The young lad, say 16, in full training, most over train as we all

did, but at that age eagerness and the thought of bristling muscles (which will indeed impress the gals - well some anyway) really does urge them on to take unnecessary risks and taking the OTT section seriously, they listen to people who have the IQ of yoghurt and that is dangerous. This is made more so when that person is supplying them. Having said that I am glad that I have witnessed the more experienced bodybuilders giving sound advice too, some do really give a shit.
But the lad needs to grow and in many cases will do whatever it takes to do so. But what many do not understand is that within there own fast growing bodies is an abundance of testosterone bursting out simply because they are in a time where their bodies are in full flow and growth is the first thing that their bodies are thinking of. Now this is a balance, in most a perfect balance of testosterone that really does not need any upset whatsoever. So, to upset it with unusual amounts of EXTRA test would really be throwing that balance out and in some cases BIG style.

One particular lad who I had trained since he was about the age of 14 was a perfect example. This was a few years ago now but he was so eager, worked SO hard and did bloody damn well and totally naturally too. But his eagerness was getting the better of him and just after the age of 16, nearing 17 maybe he knew that I was not prepared to advise him on the gear so young and age as I thought that there was truly no need. I had explained the reasons why and to my face he admitted it was the way to go. I asked that he wait till he was about 18 and then make the decision. But then he started to miss gym and attend other places, places we have previously discussed in OTT. In short, he did grow but seriously took shit loads more than he should. He lost his libido before he was 19, **MASSIVE** acne problems and serious attitude problems which led to problems with the law. I put this down to abuse and no attention to the warnings that I made him aware of. He has since stopped training and the dreams were lost, but they were honestly on target before he made that decision.

Now, if he had waited that little bit longer, just a year maybe, his natural growth would have started to slow down and the gear could have been gradually and safely added. Then his progress and gradual induction into steroid therapy would have been easier to monitor. I knew that rather than add seven or eight different steroids and hope that no problems occurred, adding just one or two and gradually would have made it easier to maintain

gains and keep the side effects to a minimum. But he chose the other fork in the road, one that I had advised against. But, that is another story to come.

I feel that the time gauge is indeed a personal one and so long as you try and stay off therapy till after 18 years of age and give yourself a chance then I would say to gauge it like this. Up to 18 years of age - train naturally, use natural test levels. After 18 years of age - OK to take gear, suggest at least 1-2 years of training under ones belt, and depending on the seriousness of ones training, then it really is a matter of choice but recommend as many safety aspects covered before embarking on heavier cycles.

So where does that put the older person with steroid therapy?
Well, we could ask also at what age we see ourselves as old when taking the gear. For the purposes of the information given here, my reference to the older person and the reasons for the comparison, I would be looking to anyone around 40+. This is based on my experience as an international coach and the many questions that I receive on a daily basis re the older guy and steroids and to be honest the older you are the better it is and I will give my reasons.

It really is simple to explain. When we are young, as I have said before, we are bursting with testosterone (well the lads are anyways) and to add extra is in fact flooding the system with unnecessary extra that could indeed shut down the natural production of a persons test. But when we get older the opposite happens and our bodies start to reduce the amount of testosterone because in fact it is not needed as much, we don't need to grow as we stopped growing in our early to mid-twenties, so why produce an abundance of a hormone that would, well, be wasted. So the fact that we do not have extra in our bodies and nowadays rather than sit down and do nothing we, choose to train, weights or whatever the choice, so there is a need for extra test when at one time there wasn't, that is IF you want to feel stronger instead of weaker as you grow older. None of us want to get old and to be honest with steroids today and (especially growth hormone) older people can benefit from the fact that to use steroid therapy will in actual fact just be replacing what we are losing on a daily basis. See my point? So rather than shut down the natural process of our aging bodies, we are rejuvenating them and that is why steroids are so popular with the older person *AND* far safer too in my opinion.

I have seen so many different examples of older men especially, starting training, taking a little gear and BOOM their lives change and for the better and you know, it is a proven scientific fact that men with low testosterone levels are more prone to heart attacks. Shit, when I heard that I looked like someone had slapped my arse with a wire brush, I was back on the gear so fast - (snigger). But the point is that it is the myth that older people are worse off if choosing steroids than the young that needed explaining, well in layman's guide terms anyways.

I know of lives being changes so dramatically through training, dietary

changes and an interest in something that can actually turn back the clock on lives that were in fact ready to sit back and accept old Father Time and his rules. OK, we cannot stop it, but we can damn well slow it down and make the quality of life a hell of a lot better I CAN assure you of that.

For the older guys, ask yourself these few questions and if you see any that could contributing to your feeling shit, deeper than whale shit, lower than a snakes arse then it could be construed that your test levels are low. IF they are low then the usual and most sensible thing would be to go see your doctor. But with respect, most doctors would simply give you test patches and to be honest they would not give the horn to Little Boy Blue, the horn dude who had a problem with his sheep. Think about this because ALL this affects you if you are in the older bracket and I assure you that should you decide to go for your first cycle (and if you are in the older bracket) then ALL of this will be relevant to the decision that you will make. So read on and ask yourself, are any of these questions related to you?

- Feeling tired most of the time? Lethargic?
- Energy levels are not what they used to be?
- You really don't give a shit about life?
- Erections are, well they are not erections are they?
- Work? No incentive?
- Do you want to sleep more, especially after eating?
- Feeling sadder day by day? Grumpy old twat?
- Fat seems to be piling on yet you are not doing less than you used to?

Have I hit on a button here? Can you relate to at least two of these symptoms? Then chances are boys that your test levels are lower than man slugs nuts! But the best thing is that you can actually change what is happening to you and if you do your WHOLE life will change for the better. I know this for fact and I am not making this shit up because I have been through it - BOY have I been through it.
You see, many do not even question the above facts and accept that they are just getting older, but then they decide that working out may do the job and when they do, absolutely naff all happens and the fat seems to pile on even though you may be doing the same workout that you were doing only a few years ago. Why the ferk is that?

WHY CAN'T I LOSE FAT AS QUICK WHEN I GET OLDER?
I will explain this as simply as I can. I do not mean any disrespect by that, but to be honest the technical shit blows my mind and I have to relate it to my own terminology so that not only you can understand be me also.
As we get older, our test levels decrease as much as 1% each year and although it depends on the person we can safely say that it starts to decrease quite dramatically from the age of 40, but it is also very common with people even from the age of 30. This may not sound like a lot, but believe me when

the old Hampton (dick) does not want to stand up, it IS a lot - that 1% can mean a shit load I can tell you.

Hormones determine just how the way fat cells respond to the food that we eat. Fat cells have boosters and brakes for want of a better term. The parts that boost fat loss or release it are called beta-receptors and the ones that put on the brakes are called alpha-receptors. That is why some people (especially women and their hip areas) have trouble losing fat or spot reducing areas because the fat cells in that area have a higher ratio of alpha to beta receptors. See what I mean? Shit I hope so! So, when we have an abundance of test hormones then we can see that they limit the STORAGE of fat so we lose it quicker! Phew!
But the bottom line is that if we decide to accept this particular treatment from our doctors (which some have and I have no problem with that) OR start their own cycles via steroid therapy during training, then either way they will be able to start living again. But the problem that I have with the former is that I have never known anyone who has compared the former treatment with a bodybuilder's therapy and found it to be better. No disrespect to the MD's but I have found their dosages to be far too low for the person who not only wants to feel better but LOOK better too. OK their dosages may give a twinkle of hope but I find that a "sensible" bodybuilding dosage to be quicker and far more effective. Fact! SO the question we can ask now is what types of gear can we use for the young or the old? Bear in mind that these suggestions are based on YEARS of knowledge and not guesswork! Compared to the gear that we use the dosages that the testosterone patches give are really too low - in comparison.

Products a beginner should be particularly wary of?
To be honest whether you are young or old the same safety aspects must be given priority in all cases. In the main, the first and most important one is that more is NOT always better. I have said so many times that no matter what the BIG guy says in the gym about how many he takes to get size, you must always take the stance that gradual and steady is the safest option - remember, once it is in you cannot take it out. You must remember these points as they are not written just to impress but to try and make this as safe as possible for you.

In reality most steroids can be used for a first cycle so long as the dosages are kept low. This is important because of several reasons but one that you should be aware of is that you could be one of the lucky ones that can grow on such small amounts and if that is the case it is indeed a bonus. You see, there are no trophies for the person who takes the most gear.

I am of course aware that my cycles will be scrutinised by many, that is their right and I welcome it, but YOU have to be aware that I do not plan such cycles for no reason, I plan them in a way that you can progressively induce

steroid therapy into your training life. The problem with many people today is that they are not happy with results that come gradual and sure only to search the net for the newest products or drugs that will speed up the process and in so doing increase the risks that come with new and virtually untried (in many cases) products. This is where you have to be so careful and listen to the advice that is given, or simply carry on regardless and take fuck all notice as many do. If the latter is the case then please, do not criticise me when I am only trying to watch your back. Once you have done the damage, then I can not help any further, in fact I would refuse any further assistance. I do not try to repair the problems of the ignorant - I used to, but no more.

There are products on the market now that on paper truly seem to be the dog's bollocks but when you look deep into the side effects that one has to endure to achieve such a small result then you have to ask yourself if it is really worth the risk. Let's look at an example of a product that I have been criticised for NOT covering (in detail) then you can see the reasons why, that is IF you truly want to see the reasons why. The explanation will be brief but enough for you to search for more information (hopefully) and make up your own mind if the risk is worth it.

DNP

I quote from one forum:

"DNP is an uncoupling agent that inhibits the flow of electrons and the pumping of H+ ions for ATP synthesis. Fifty years ago it was used for weight loss; however, in 1938 the FDA removed it from the counter, as it caused cataracts and even sometimes death. If electron transport does not produce ATP, then much more sugar must be metabolised for energy needs.

Very low production of ATP would be lethal. In oxidative phosphorylation, the flow of electrons from NADH (the reduced form of NAD+, oxidised from NAD. This enzyme is important in accepting electrons in the course of metabolic reactions. When NAD+ gives up it's electron, it is converted to it's reduced form NADH) and FADH2 (the reduced form of FAD) to oxygen results in the pumping of H+ from the matrix to the inner membrane space of the mitochondria. This gradient of H+ can produce ATP by flowing through ATP synthetase in the mitochondrial inner membrane. Dinitrophenol disrupts the H+ gradient reducing ATP synthesis. Under these conditions, much of the food that we eat could not be used for ATP synthesis and we lose weight. However, too much inhibitor and we could make too little ATP for life. The difference between weight loss and death is only a small concentration change in dinitrophenol, making the drug dangerous.

Simply put, this means that while eating your normal diet, you will have somewhere between 20% and 40% reduction of calories"

This stuff can be lethal if not taken under the strictest conditions, but even then I would not touch it with a barge pole. It is even unstable, gives of toxic fumes when in a fire; it has to be shipped in a 15% water solution so that it will not explode due to shock or friction!

OK it is taken usually in capsule form of around 200mg per day (which is considered a fairly safe dose, but come on, does this shit sound "safe" to you? It makes running on a treadmill seem a little boring, but I would sooner have boring than risk taking DNP. I have included this product because I am constantly asked by beginners for products that will assist weight loss and this is one that will certainly do the job bit one that I do NOT recommend using - period!

Methyltestosterone
This is not a steroid that I say do not take but one that you should really be careful of using whether you are a beginner or not. To be honest many take it and don't really know they are doing because Methyltestosterone is used in many counterfeits. It is VERY fast acting, HIGHLY androgenic which means that you will experience very heavy water retention, nipple soreness, mood swings (even after a couple of hours after taking), you will basically be a twat to be next to, you will feel irritable and impatient and forgetful. Apart from all that, you will be strong. As I have said, not one for the beginner, please be wary of the shock to the system.

Insulin
Not for the beginner and if I have my way not for anyone under my instruction because the chances of getting this wrong are too high and the price even higher for the inexperienced. A simple mistake in a dosage can be potentially fatal for any athlete and I do not joke in anyway in trying to explain this. Hypoglycaemia is a condition that can occur if the blood glucose levels are too low. It is a common and potentially fatal reaction experienced by insulin users. This is a list of symptoms which may indicate a mild to moderate hypoglycemia: hunger, drowsiness, blurred vision, depressive mood, dizziness, sweating, palpitation, tremor, restlessness, tingling in the hands, feet, lips, or tongue, lightheadedness, inability to concentrate, headache, sleep disturbances, anxiety, slurred speech, irritability, abnormal behavior, unsteady movement, and personality changes; quite a list eh? But should you experience any of these then the eating of something simple such as a chocolate bar or a carb rich drink will help to bring your glucose levels back to an acceptable level, but in the case of severe hypoglycemia the symptoms can include, disorientation, seizure, unconsciousness and even death. All that to boost fat loss or muscle gains - do you really think that bodybuilding is worth all that?

STEROIDS A BEGINNER SHOULD CONSIDER

The choices that beginners have are quite numerous to be honest and more or less all steroids can be used as a first timer so long as the amounts are kept to a minimum. The choices are affected simply because some gears which are normally chosen for the first time user are not always the best ones to use; this is because each person is different and one choice may not suit the next person and so on, I will give you an example.

Many moons ago a guy asked my opinion on a first time cycle for himself and one of my obvious choices was and is of course Dianabol, a stand alone steroid that has been proven in battle over the years. Now, the "normal" dosage IS 40-50mg per day at PEAK in a pyramid fashion (note: PYRAMID fashion) not as many would have you think I have said 50mg every day throughout the cycle, this is important to note. Anyhoo, he had purchased his cycle from a reputable source and was about to start the cycle. He understood the program in front of him but was cautious and quite rightly so and he decided to take the absolute minimum, well he decided to take just ONE per day to start. I told him I understood his being careful but to be honest one per day, well that would not have normally done anyone any real good. But, the very next day he called me up and was in a state, he was crapping himself big style. He said he thought he was having a heart attack, palpitations, hot sweats, panic attacks, nausea, you name it, he had it - or so he thought. He had gotten into his head that he was not going to get on with this steroid. He had discussed his new therapy to friends who had not even taken a single steroid in their life yet he listened to their tales of woe. Neither had he researched anything on the subject, he was convinced he was going to die. I calmed him down and explained that it was a panic attack and the SINGLE tablet that he had taken would not have even had the time to dissolve ne'er mind cause any problems.

The point I am trying to make is that no matter what steroid you choose as a first time user, you have to be sure that you want to use the gear and accept that there will be changes that will happen they are bound to. The guy mentioned was totally fine, nothing wrong with him whatsoever but he was just looking for a quick fix, no real intention of training hard but thought that there was an easy way, a shortcut through what can be a minefield of problems unless ALL the safety factors are taken into consideration and adhered to. But for now, let's look at DIANABOL as a choice for a first time user. First a little history on Dianabol followed by a few simple but effective suggestions.

DIANABOL

Dianabol has been around since the beginning of the 1950's and was first brought out by Ciba and is still the most popular steroid that has ever been. It's popularity was boosted by the bodybuilding boom of the 70's and was used by most of the pro's of that time including the most well known ones. Dianabol is indeed one of the best steroids for a first time used because of its fast acting properties one of which is the protein synthesis speed, the repletion of glycogen after exercise and the impressive strength and mass increases that are given so soon after starting its usage.

Over these last few years the success from Dianabol users in moderate cycle usage i.e. 8 weeks or more has been quite amazing to say the least, but more and more first times users are getting increasingly impatient and lengthening the cycles that have been recommended to them as safe, mine in particular, and it is for this reason that I try to explain the importance of staying with the plan and remember that more is NOT always better. I will explain the benefits of shorter cycles with steroids such as Dianabol and give an example as with other steroids too.

What we have to remember here is the simplicity of the cycle and the fact that you are a beginner and the worst thing that you can do is complicate matters by starting off gradual only to read more and more information the next week that really screws up your mind and before you know it your head is so full of crap and confusing information that you cancel out the sensible train of though that you originally intended to follow. So try not to go down that road, this is essential.

".....Over these last few years the success from Dianabol users in moderate cycle usage i.e. 8 weeks or more has been quite amazing to say the least...."

Cycles

Here are a few of the basic Dianabol cycles that a beginner could aim for:

Dianabol Based Cycles and Stackable Additions
I would use this as one trial project for a total beginner with no additions except for Nolvadex at the designated periods of 20mg per day - as the chart states. The Dianabol is based on a **5mg** tablet dosage. The cycle is not heavy but assuming the person had not taken any gear in the past the results usually are quite fast. This is down to the high anabolic an androgenic.

CYCLE ONE: SIX Week Basic Cycle Dianabol Oral Only

Cycle 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
week 1	10mg/db	10mg	10mg	10mg	10mg	10mg	10mg
week 2	20mg	20mg	20mg	20mg	20mg	20mg	20mg
week 3	30mg	30mg	30mg	30mg	30mg	30mg	30mg
week 4	30mg	30mg	30mg	30mg	30mg	30mg	30mg
week 5	20mg	20mg	20mg	20mg	20mg	20mg	20mg
week 6	10mg/db	10mg	10mg	10mg	10mg	10mg	10mg

It is a good idea to take the Dianabol during meal times to keep the possibility of intestinal pains caused through gas, this can happen if taken on an empty stomach we have found. Many times I am asked when to take Dianabol; the answer is that many take them in the morning after breakfast but the best way to take it is to split it up into two halves i.e. 3 in the morning during breakfast and the other 3 mid-afternoon, again with a meal preferable. The reason for this is that the half-life of this steroid is approx 3.5 - 4.5 hours and an even distribution into the blood stream will help to spread and even the dosage out. Nolvadex IS recommended from at least week two the alternative would be Proviron. Personally I prefer to take a 20mg Nolvadex and 50mg of Proviron especially with Dianabol. I urge you to heed this advice as gyneco-

mastia otherwise known as "bitch-tit" is not out of the question here as Dianabol converts easily to estrogen and should you have already a slight case of gyno (which many can have naturally before they take steroids), then the problem would be made even worse and prevention is better than a cure. This advice is safer than wishing you had taken the precautions before hand.

CYCLE TWO: 8 Week Dianabol Oral Cycle + Single Injectable: Deca

Cycle 2	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
week 1	10mg/db 200mg/ Deca	10mg	10mg	10mg	10mg	10mg 200Deca	10mg
week 2	20mg/db	20mg	20mg	20mg 200Deca	20mg	20mg	20mg
week 3	30mg/db	30mg 200Deca	30mg	30mg	30mg	30mg	30mg 200Deca
week 4	40mg/db	40mg	40mg	40mg	40mg 200Deca	40mg	40mg
week 5	40mg/db	40mg	40mg 200Deca	40mg	40mg	40mg	40mg
week 6	30mg/db 200Deca	30mg	30mg	30mg	30mg	30mg 200Deca	30mg
week 7	20mg/db	20mg	20mg	20mg 200Deca	20mg	20mg	20mg
week 8	10mg/db	10mg 200Deca	10mg	10mg	10mg	10mg	10mg 200Deca

NOTE

I would follow the anti-estrogen plan as a minimum of 10mg of Nolvadex every other day with 25mg of Proviron on the alternate days i.e. one follows the other 10mg Nolvadex, 25mg Proviron and so on. Start this from the beginning or week two. Understand that Dianabol is highly androgenic and anabolic and it is advised that anti-estrogens be taken, but it is not law, the choice is yours here remember. Many do not agree with taking anti estrogen blockers as they say that there is no need. I say that there is. Trust me. Seriously, no matter WHAT people say about the fact that using Nolvadex reduces the gains made by that person by a few percent - what a load of bull

shit! Even IF it was proven 100% absolutely and categorically that it did, would you seriously risk the chance of a few percent of losses or rather walk around with man boobs! Fuck that for a start, shit the nipple piercing alone would get you more friends than you had bargained for. I would sooner fondle someone else's tits than have a crack at my own - shudddder!

By simply adding Deca injectable to the cycle every fifth day can dramatically improve the gains that this cycle can give. As we have said many times before, whether a beginner or not, Dianabol is extremely effective but by adding Deca you could seriously step up the gains. I would use this cycle to follow the Dianabol ONLY First Cycle as a steady step up to the next one.

OTHER STEROIDS TO CONSIDER

The next cycle example is based on jabs only. I add this because there are so many that fall into the category or, er, me (a forgetful ferker), that jabs are a simple, quick and out-of-the-way method of in and done. I find that on many occasions orals are so often missed and the benefits are never truly gained unless I have someone to remind me - go figure eh! But we cannot all be perfect and so the cycle is presented, plain and simple as it is - but bear in mind that plain and simple often works in this game!

It is important to note that ALL steroids no matter HOW little their toxicity may be, can still be harmful and cause problems IF the safety factors are not considered and put into place. It is believed by many that if the steroid is a "safe" one then no matter how much is used then all will be well. This is not so. It is not a safe "GO" to for instance take 5 Primobolan a day or 100 Anavar the same or 5 plus of Winstrol just because these steroids are deemed safe. The level of their safety is lifted with the amount that is increased. Far too many people fall for this simple mistake. OK the problems of liver toxicity and damage may be less with such gears BUT increase above their normal usage and all shit can happen - especially in the "wedding tack-le" area.

An example, although Primobolan may be one of the best steroids to use when on a diet (as it actually is one of if not THE steroid that can actually build muscle on a low protein intake) it also can knock of your sex life as if your Mom walks in to bring you sandwiches to meet the girl who SHE thinks is the girl that would be the one accompany her to church on Sundays after dropping the kids off with her God fearing Grandpa WHO mind, is the man who prepares the sermons - see what I mean - ahem! Now, THAT is what Primobolan can do if you are not careful. My advice is not to plan to go to church

so quickly in the future IF you plan to take shit loads of Primo and NOT to the plan, right (imagine a man winking carefully and considerately here! The other way to drop your sex so quickly is to dip your nuts in fish paste and dangle them in a tub of hungry Piranha - now that would be more merciful!!

BUT Primobolan (although not one of my favourites) IS a great steroid if you can get the right one, sorry, GENUINE one. It should be best taken at around 100mg every four days to get a good effect, but it will not do much on it's own to be fair. I would go with the following and use Winstrol injection at 50mg every 3rd day for best effect. The two combined will give a hardening effect with conditional muscle gains if the cycle is maintained for a full 8 weeks. This is how I would plan it:

CYCLE THREE: Primobolan and Winstrol Injection only cycle - 8 weeks

Cycle 3	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
week 1	Winstrol 50 Primo 100mg			Winstrol 50	Primo 100mg		Winstrol 50
week 2	Primo 100mg		Winstrol 50		Primo 100mg	Winstrol 50 Primo 100mg	
week 3		Winstrol 50	Primo 100mg		Winstrol 50		Primo 100mg
week 4	Winstrol 50			Winstrol 50 Primo 100mg			Winstrol 50
week 5	Primo 100mg		Winstrol 50		Primo 100mg	Winstrol 50	
week 6		Winstrol 50 Primo 100mg			Winstrol 50	Primo 100mg	
week 7	Winstrol 50		Primo 100mg	Winstrol 50			Winstrol 50 Primo 100mg
week 8			Winstrol 50	Primo 100mg		Winstrol 50	

I like the Winstrol and Primobolan cycle a lot, especially during the summer months were it is not too heavy and you are not sweating your nuts off in the

gym because of heavy androgenic gears. There will also be many who would think that this cycle is too light, not severe enough but they can go fuck themselves because the cycle has its usages. There will always be people who are not happy with any cycle unless it produces zits and spots the size of your thumb end. They are also not happy unless their nuts have shrunken up to the level of their necks too, but twats like that will have you fucking spotty, nut less and not able to get a hard on even if Pamela Anderson were to pop in and ask if she can give you a scrub down with a wet wire brush and Dettol! It SO angers me when people ring up and start moaning that they saw MY cycles and were told that they would not work because they were TOO safe and then they start wishing they had done the safest way in the first place - too fucking late then boys, I am a bodybuilder with knowledge not a ferking magician! So listen in the first place and trust what I have to say.

Anyhoo, the Primo/Winstrol cycle is great when you want to maintain muscle and your gains some also. It will help to harden your physique and if you are dieting it will assist in the quality muscle replacement and fat loss - I said ASSIST mind not "rip off" the fat. You have to make some sacrifices you know! Jeeez!

Another way or example of a light cycle would be the Winstrol and Virormone combination (cycle four). I really do use this on many occasions to hold and harden during non competitive runs. Not too heavy and basically low androgenic but the strength that can be gained from it can be very quick indeed.

Virormone is testosterone propionate at 100mg per 2ml ampoule; we use the one that is made by Nordic, an excellent product. But mind that this is now being counterfeited and care should be taken when buying - as always.
Note also that we use the Winstrol Zambon 50mg type; this has always been shit hot and as far as I know, it has not been counterfeited as yet. Hopefully they will keep their fucking hands off!
Why six weeks only? Easy, sometimes long cycles are a bind and the shorter sharper cycles are a nice change AND produce some surprisingly good results too.

Nolvadex needed? Well, not really although I do keep that safety note in mind, and if we wish to be just that little bit care conscious then I would suggest just one 20mg every 2nd or 3rd day - just to be sure.

CYCLE FOUR: Conditioning Cycle Winstrol and Virormone (propionate) 6 Week cycle Nolvadex suggest only at 20mg every third day

Cycle 4	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
week 1	Winstrol 50mg Virormone 100			Winstrol 50mg	Virormone 100		Winstrol 50mg
week 2		Virormone 100	Winstrol 50mg			Winstrol 50mg Virormone 100	
week 3		Winstrol 50mg	Virormone 100		Winstrol 50mg		Virormone 100
week 4	Winstrol 50mg			Winstrol 50mg Virormone 100			Winstrol 50mg
week 5	Virormone 100		Winstrol 50mg		Virormone 100	Winstrol 50mg	
week 6		Winstrol 50mg Virormone 100			Winstrol 50mg	Virormone 100	

An Advancing Beginner.... so to speak

The next cycle (cycle five) is as stated, Testosterone Enanthate 250mg, Deca 200mg with a four week Dianabol kick start for the first four weeks. Not all people like to take orals for the full term and the usage of Dianabol in the first few weeks can really start cycle off with a boost - and it does. You should feel a surge in strength in the first few weeks that will snowball onwards into the jab cycle and the growth process will certainly have a kick start.

This may seem like a bit of a jump for a beginner but do not be alarmed, it is a stage at which you have to make the transition and if you don't then you will never progress. Also ask yourself this, at which stage does my book end with a beginner and start with an intermediate and progress to an advanced? Well its here that's why and you need to be able to progress and carefully that is why this book has been written so remember that. I do not give a flying fuck how many dealers will be shitting themselves at the first half dozen cycles and how

little they may require the reader to BUY - fuck that, the reason the stages are set at gradual and steady intervals is easy - for your safety and that IS

the main reason. You must understand that. OK you can progress from whichever stage your wish, but I can only advise on the understanding that you will hopefully follow the guidance as given - hopefully.

Having said all this, you do NOT have to progress at all! This is a question that I am asked many times. Most think that by taking one cycle of steroids they have to take them for life - NOT so. You could try a course of gear and if it gave you the results that you aimed for, then stay with that. OK you would lose a little of the size but not it all. Muscle memory is an amazing thing and if you even decided to stop training, the MM would remember where you stopped and surprise you when you start up again (more on that subject later). But steroids are NOT addictive and once taken you are not hooked in the sense of an addiction with hard drugs such as heroin, maybe hooked on the fact that you are stronger and fitter, but not hooked and fucked as you would be with the hard shit.

So, the cycles will now get bigger and harder but by now you will have easily progressed to this level BUT bear in mind that I DO NOT recommend that you jump to these stronger cycles straightaway, you MUST complete some steady cycles at first and see how you will react to the gear - please understand that this is the way to go. Making sure that you are safe IS my job; I have made it so, so please help me to help you. Fuck the nob head who says that these cycles are pussy-like, because 9 out of 10 they will not have done a cycle as big as THEY say they have maybe it is a ruse to see just how much you will buy!? Be careful. So, let's move onto a few more "progressive" cycles eh?

CYCLE FIVE: Test Enanthate/Deca with Dianabol kick start cycle - 8 WEEKS

Cycle 5	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
week 1	Test E 250 Decca 200 Dbol 10mg	Dbol 10mg	Dbol 10mg	Dbol 10mg	Dbol 10mg	Test E 250 Decca 200	Dbol 10mg
week 2	Dbol 20mg	Dbol 20mg	Dbol 20mg	Test E 250 Decca 200 Dbol 20mg	Dbol 20mg	Dbol 20mg	Dbol 20mg
week 3	Dbol 30mg	Test E 250 Decca 200 Dbol 30mg	Dbol 30mg	Dbol 30mg	Dbol 30mg	Dbol 30mg	Test E 250 Decca 200 Dbol 30mg
week 4	Dbol 40mg	Dbol 40mg	Dbol 40mg	Dbol 40mg	Test E 250 Decca 200 Dbol 40mg	Dbol 40mg	Dbol 40mg
week 5			Test E 250 Decca 200				
week 6	Test E 250 Decca 200					Test E 250 Decca 200	
week 7				Test E 250 Decca 200			
week 8		Test E 250 Decca 200					Test E 250 Decca 200

Notes: Nolvadex to be taken daily @ 20mg per day from week 2

Important Note:

Now the reason I stress that you don't progress too quickly is for the fact that should one or two steroids do the job and you are growing steadily and consistently, then there is no real need to rush off and take more, why should you. Remember it is not always the amount of gear that denotes how big you are going to get, OK some would disagree with that theory (mainly dealers) but it is far better to start off steady and safely and take it one step at a time. The gear is a small part of the equation, a VERY small part, but if you can understand that a good diet, hard training and plenty of rest is the MAJOR part and use a minimal amount of gear then you are on your way to a perfect scenario in my opinion.

The cycles that follow do offer more but the "more" here has progressed as your body gets used to the steroids that you will have been using from a standing start. This gradual and steady progression is important and I cannot emphasise this too strongly

CYCLE SIX: Sustanon, Deca, Trenbolone and Winstrol - 8 week cycle size/condition

Cycle 6	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
week 1	Sus 250 Decca 200					Sus 250 Decca 200	
week 2	Ndx 20mg	Ndx 20mg	Ndx 20mg	Sus 250 Decca 200 Ndx 20mg	Ndx 20mg	Ndx 20mg	Ndx 20mg
week 3	Ndx 20mg	Sus 250 Decca 200 Ndx 20mg	Ndx 20mg	Ndx 20mg	Ndx 20mg	Ndx 20mg	Sus 250 Decca 200 Ndx 20mg
week 4	Ndx 20mg	Ndx 20mg	Ndx 20mg	Ndx 20mg	Sus 250 Decca 200 Ndx 20mg	Ndx 20mg	Ndx 20mg
week 5	Tren 75mg Winstrol 50 Ndx20mg	Ndx 20mg	Ndx 20mg	Tren 75mg Winstrol 50 Ndx20mg	Ndx 20mg	Ndx 20mg	Tren 75mg Winstrol 50 Ndx20mg
week 6	Ndx 20mg	Ndx 20mg	Tren 75mg Winstrol 50 Ndx20mg	Ndx 20mg	Ndx 20mg	Tren 75mg Winstrol 50 Ndx20mg	Ndx 20mg
week 7	Ndx 20mg	Tren 75mg Winstrol 50 Ndx20mg	Ndx 20mg	Ndx 20mg	Tren 75mg Winstrol 50 Ndx20mg	Ndx 20mg	Ndx 20mg
week 8	Tren 75mg Winstrol 50 Ndx20mg	Ndx 20mg	Ndx 20mg	Tren 75mg Winstrol 50 Ndx20mg	Ndx 20mg	Ndx 20mg	Tren 75mg Winstrol 50 Ndx20mg

This cycle asks for Nolvadex at 20mg and Proviron at 25mg per day and to start from week 2.

I have just finished this particular cycle after a long lay off and I could feel the gains hit from as low as week two; mainly in the condition of the muscle i.e. a definite hardening but due to the diet being clean and plentiful the size is coming nice and steady - nice one! I do like the fast acting tests; less water retention and a less bloated, more pumping effect which suits my type of intense training.

The next cycle (Cycle 7) is a definite step up and not only to a 10 week cycle.

CYCLE SEVEN: Sustanon, Deca, Dianabol, Winstrol & Test Propionate (Virormone)

Cycle 7	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
week 1	Sus 250 Decca 200 Dbol 10mg	Dbol 10mg	Dbol 10mg	Dbol 10mg	Dbol 10mg	Sus 250 Decca 200 Dbol 10mg	Dbol 10mg
week 2	Dbol 20mg	Dbol 20mg	Dbol 20mg	Sus 250 Decca 200 Dbol 20mg	Dbol 20mg	Dbol 20mg	Dbol 20mg
week 3	Dbol 30mg	Sus 250 Decca 200 Dbol 10mg	Dbol 30mg	Dbol 30mg	Dbol 30mg	Dbol 30mg	Sus 250 Decca 200 Dbol 10mg
week 4	Winstrol 50mg			Winstrol 50mg	Sus 250 Decca 200		Winstrol 50mg
week 5			Sus 250 Decca 200 Dbol 10mg			Winstrol 50mg	
week 6	Sus 250 Decca 200	Winstrol 50mg			Winstrol 50mg	Sus 250 Decca 200	
week 7	Winstrol 50mg			Sus 250 Decca 200 Dbol 10mg			Winstrol 50mg
week 8	Test Prop 100	Sus 250 Decca 200			Test Prop 100		Sus 250 Decca 200
week 9		Test Prop 100			Sus 250 Decca 200	Test Prop 100	
week 10			Sus 250 Decca 200 Dbol 10mg				Test Prop 100

This cycle asks for Nolvadex at 20mg per day and Proviron at 50mg per day and to start from week 2.

Cycle seven may look scary looks can deceive. In fact the cycle is TWO cycles in one; the first part being a kick start mass combination, the middle section which consists of the addition of Winstrol is a bridging section and the latter is a faster acting hardener finish. I am impressed with the gains that this cycle

can give, very impressed indeed.
Looks a lot? Well I suppose it does but it also is stretched out over the period for a reason and that reason works, safely and well planned. But again I stress that these cycles should not be taken on the first run, for the reasons given many times over. Be patient and cycles like this will be a piece of piss to handle.
Note: I would use this cycle (Cycle 7) and the next (Cycle 8) for instances when my body fat levels are pretty good to low. I don't mean near contest shape because that is a totally different story, but say when you are happy with your progress; you have reached a waist size that you are not only comfortable with but well pleased. See my point?

The steroids chosen have not been overly misused or to extensive is a better word. Their choices are for a specific reason and the triple split and middle bridge serve a purpose with which you will be well rewarded in the long run. But you MUST compliment these and ANY cycles with good food, as clean as possible but not TOO clean. Too clean can mean minimum gains and the end result there would be more condition and very little size. You must have some protein sparing effect within the diet in order to grow as much as possible. This is why a "diet day off" is so important not only for the reasons given but for the sake of you NOT going nuts!

CYCLE EIGHT: 12 Week Triple Split Mass building cycle

This is a BEAUT of a cycle in my opinion and I find that because of the changes in steroid choice and the different contributions that they give individually you can clearly see which gives what and the effects therein. But there has been much controversy, chit chat and opinion regarding the lengths of cycles these days. Now, I have used both types in my time and have found BOTH types to have worked perfectly well whenever and whichever I have used. So, why do people all of a sudden change their minds?
Well, it seems to be a sort of trend. For instance, one guy on a forum will state that he has had wondrous results on shorter cycles as compared to the previous longer cycles he may have been using. So then you get a few people who then change to the shorter versions and even though the longer ones produced excellent results (for example) they will eventually turn their backs on the longer versions and even announce that they never worked (and trust me this happens) - twats! BUT on the same note and maybe on another forum or in another mag, you would get a guy (or woman) who then says that the SHORT versions are now the in thing!! See? Now I say make your fucking minds up will ya!? For fucks sake, why not utilise ALL forms of cycling i.e. long AND short or a year on one and another year on the other, now does that make sense? I hope so because I am sick to ferrrrk of typing "long and short" - jeeez! (Well, that's the long and the short of it anyhoo!). Small and ineffective Mick Hart humour there!

But the sum of it all is that they all work for one reason and another; each person is different and the main reason for the dramatic changes we see from one to another is simply that the body loves a change now and then and it

Cycle 8	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
week 1	20mg db **200mg Deca**	20mg db	20mg db	20mg db	20mg db	20mg db	20mg db
week 2	30mg db **200mg Deca**	30mg db	30mg db	30mg db	30mg db	30mg db	30mg db
week 3	40mg db **200mg Deca**	40mg db	40mg db	40mg db	40mg db	40mg db	40mg db
week 4	30mg db **200mg Deca**	30mg db	30mg db	30mg db	30mg db	30mg db	30mg db
week 5	20mg db **200mg Deca**	20mg db	20mg db	20mg db	20mg db	20mg db	20mg db
week 6	**200mg Deca**					**250mg Sustanon**	
week 7	**250mg Deca/Sust**					**250mg Sustanon**	
week 8	**250mg Deca/Sust**					**250mg Sustanon**	
week 9	40mg Stroma **250mg Sust**	40mg Stroma	40mg Stroma	40mg Stroma	40mg Stroma	40mg Stroma	40mg Stroma
week 10	30mg Stroma **250mg Sust**	30mg Stroma	30mg Stroma	30mg Stroma	30mg Stroma	30mg Stroma	30mg Stroma
week 11	30mg Stroma **100mg Prop**	30mg Stroma	30mg Stroma	30mg Stroma **100mg Prop**	30mg Stroma	30mg Stroma	30mg Stroma **100mg Prop**
week 12	20mg Stroma	20mg Stroma	20mg Stroma **100mg Prop**	20mg Stroma	20mg Stroma	20mg Stroma **100mg Prop**	20mg Stroma

reacts to new or rather differing methods at irregular times. Like it or lump it, this is what happens. I digress. Here is the LONGER version (Cycle 8) 12 week triple split cycle that I personally like so much.

Please bear in mind that the chosen steroids are so because of their effectiveness from experience, but the Sustanon could be exchanged for Test Enanthate, the Deca for Equipoise and the Stromba for Dianabol in the latter

part of the cycle as examples. Personally I would opt for the Stromba and Dianabol in the order given as the hardening effect given with the Propionate would be more substantial and effective.
I am currently hovering at around 265lbs at the time of writing and have done now for some time. I will use this cycle very soon to bridge between the bulk phase and the beginning of the dieting phase which MUCH be slow and steady if I am to hold as much muscle as possible for the end of the year - and I will!

Post Cycle Therapy - PCT
Now this subject is confusing for most, but I will try and explain as best I can each product and why and IF they are to be used IF at all. I say this because not everyone uses Nolvadex, HCG, Proviron, Clomid or Arimidex. The reasons are many. Some are not prone to gynocomastia (bitch tits) some are not, but those that believe that they will never get develop this problem are a fool to themselves. You can get mild gyno even without even going near any steroids whatsoever and it often occurs in boys during growth bursts in the puberty phase, so it can happen to most of us. How do we spot it?
Well you would feel tenderness in and around the nipple area, slightly tender, sore and very sensitive. You know when you have got gyno if you can feel one or two lumps around the nipple area. Note that once it has started you cannot remove it that can only be done by surgery. But we can help to prevent it and there are a few products that I will list that can help.

HCG (Human Chorionic Gonadotrophin)
So many people get confused about HCG and use it either at the wrong time or for the wrong reasons. Some think that it actually prevents bitch tits and use it so, BUT read this again - it does NOT block estrogen and can be one of the key reasons for getting gyno. Note that HCG is derived from the placenta of pregnant women and is therefore obviously bursting with estrogens and then some. SO beware.
It should however be used for two main reasons and they are:

1. To attempt to avoid testicular atrophy (nut shrinkage) and or

2. Rectify a problem that already exists.

HCG should really be used to try and slow down or prepare your nuts so that they do NOT shrink. Best dosages for this are in the region of 100-1500 a week for several weeks during a cycle (my preference) but many would opt for 500-1000ius a day for a couple of weeks say mid-cycle, but preferences differ.

"…..Some think that it actually prevents bitch tits and use it so, BUT read this again - it does NOT block estrogen and can be one of the key reasons for getting gyno….."

Many people would prefer to opt for the Clomid oral option.

Clomid (clomiphene citrate)
Let's stick to the basics eh? Clomid is used in the main to aid ovulation in females with a low fertility rate, which is what it is mainly prescribed for. Now, Clomid does actually work as an anti-estrogen and as it is a weak synthetic estrogen it binds itself to estrogen receptors and blocks them to estrogen in the blood. So, the effects of gyno and water retention are definitely minimised as a result of estrogen when using testosterone.

Confusion again is high when to use Clomid. If it is used during a cycle then its main aim would be for blocking estrogen; post cycle it would depend on the half life of the steroid i.e. I would use it a couple of weeks after the cycle ended to assist in keeping the gains that I had made. So it would make sense to use HCG during a cycle to help prevent testicular atrophy and Clomid post cycle (ie 2-3 weeks after your last injection) when the androgens are low enough so that your natural test levels can be kicked back into play. Phew!

Nolvadex (tamoxifen)
This is one of the best known and widely used anti-estrogens on the market. It normally comes in 10 or 20mg tablets. Now Nolvadex will not stop the gyno dead, it also cannot reverse the problem once it has started, but what it actually does is to stop the estrogens from taking hold by competitively taking up the receptors for this hormone. It also allows them to stop any problems occurring very quickly but as soon as you discontinue usage you have to allow for an immediate influx of estrogens also. The bonus is that they can be used as soon as the problem rears its head again, but remember; Nolvadex will only stop or slow down the problem further, so early usage is advised.

It is also important to note that Nolvadex can be so effective that some competitive bodybuilders have even used extremely high androgenic steroids such as Oxy 50's (Anadrol) right up to a contest with no problem of water retention or gyno - I stress the word "SOME" strongly mind!

Proviron

Now this is one of my personal favourites and I often use it in conjunction with Nolvadex as I find the two do work better together in my opinion and experience. It is in fact an oral androgenic steroid which is commonly used as an estrogen antagonist (A chemical substance that interferes with the physiological action of another, especially by combining with and blocking its nerve receptor). Once in the blood stream it actually takes on the estrogen at the receptor sites and can greatly (I some cases) reduce the aromatizing effect (water retention) of other steroids. It can dramatically increase the hardness of the physique in the right conditions. It is best used at around 2-4 tablets a day @ 25mg per tablet. I prefer the dosage of 20mg of Nolvadex and 50mg of Proviron for a basic intake. But there is another side to that of Proviron and it ties in with the next anti-estrogen blocker Arimidex.

Arimidex

Proviron and Arimidex have two distinctive features and that is that they can both actually eliminate estrogen from steroids that aromatize period - basically is can stop ALL formation of estrogen and has become the be-all-and-end-all of estrogen blockers of late. It is very strong and as little as a ¼ of a tablet in stages is the recommended start dosage and take the dosage no higher than half a tablet in my own personal opinion. But remember, Arimidex is strong and it will slow down your gains, for some considerably BUT the estrogen will be blocked. Those people who are particularly susceptible to gyno should consider this one, but then again if you are a beginner how do you know? You don't! Personally I like the Proviron and Nolvadex myself!

Finally and this is important, do not over complicate PCT, far too many do and then complain after. If you have not over abused your cycle then it is a safe bet that your body can and will recover by itself which is the best way possible. Over compensating with Clomid and especially HCG can make the problem far worse and the main rule with these pct drugs is more is certainly NOT better. Be careful and use the minimum amount possible IF you need PCT after a heavy cycle especially.

Steroid Half-Life's

This is simply the amount of time a steroid takes to drop 50% from the time it was first administered. A good example would be oral Dianabol. The half life of this popular steroid would be approximately 4.5 - 6 days. Then for it to drop

to 50% again would take another 4.5 - 6 days. This formula would be reducing in stages of 50% every 4.5 - 6 days.

Another example could be the injectable depot testosterone Enanthate. The half life for this little beauty would be approximately 10.5 days then it would reduce by 50% in the same time.

Sustanon - MY personal favourite has a half life of 15-18 days. So, one has to realize that there would be several different reductions by 50% before we can safely say that the steroids are no longer in the body. Half lives are mainly a guide not to see how long the drug is in the body but rather to assist the user in avoiding peaks and troughs whilst on the steroid of choice.
Now an ester is where a steroid has a fatty acid added (esterification) to make the steroid compound more oil soluble. This make it more difficult for the blood to pick it up and carry it into circulation and away; this in turn slows the rate at which the steroid compound can leave the injection site, hence the steroid will release slowly for days. See what I mean?

Here are a few examples of a few popular steroid half lives for you to take in:

Orals
Winstrol - 9 hrs
Dianabol - 4.5 -6 hrs
Anadrol - 8-9 hrs
Anavar - 9 hours

Injectable depot steroid half lives
Sustanon - 15 to 18 days
Deca-Durabolin (nandrolone decatonate) - 14 days
Primobolan - 10.5 days
Testosterone Cypionate -12 days
Testosterone Enanthate -10.5 days
Equipoise - 14 days
Finaject (trenbolone) - 3 days
Testosterone Propionate - 4.5 days
Winstrol (stanozolol) -1 day

HGH: Can this be used in a beginning cycle?

Yes it can, but I would still start off using a "standard" steroid cycle at first to see how you react with the good old basics because adding something like HGH can be a massive boost I can tell you. Growth works far better with steroids and if you take it steady and carefully the results can be far more effective than you could ever imagine. I will explain a little about HGH and especially for the older person the reasons why.

HGH or human growth hormone is the most abundant hormone produced by the pituitary gland (pituitary is one of the endocrine glands). Now, this gland

is situated at the centre of the brain and its job is to secrete this extremely complex hormone which is made up of 191 amino acids. Now these amino acids are just one of the jobs that this gland produces but it is by the largest protein produced by the Pituitary gland.

Growth Hormone is known to be critical for tissue repair, muscle growth, healing, brain function, physical and mental health, bone strength, energy and metabolism. In short, it is very important to just about every aspect of our life! Now the GH is produced at its peak when we are at the adolescent stage in our lives because it is then we are in need of maximum growth potential. This does not stop however, but it does slow down as we get older. Here is an example of how that reduction is seen. Look at the fact that even after the age of 20 years the drop starts to kick in.

- e.g. 20 years old we average 500 micrograms/day
- e.g. 40 years old we average 200 micrograms/day
- e.g. 80 years old we average 25 micrograms/day

So, can you see just how fast the reduction can be? I can tell you now that if there is **ONE** product that I can say is a wonder it would be HGH. I cannot speak highly enough of HGH and especially for the older person, look what advantages I see as a bonus and not a worry. Please bear in mind that these are just a small selection of the bonuses as I see it:

- Increased sex life, better performance
- As high as 8-9% muscle mass increase after as low as 6 months wthout dieting
- Better sleep pattern
- Higher energy levels
- Higher exercise output
- Lower blood pressure
- Greater cardiac output
- Improved cholesterol profile, with higher HDL and lower LDL
- Higher energy levels
- 12-15% loss of fat averaging after six months e.g.
- Hair re-growth
- Mood elevation
- Rejuvenated skin

At one time, we would accept what happens to us as we got older, it was and is the way of life, and nothing really was proven enough to "pick us up". Then as research on HGH increased so then the bene-

fits of using it came to be known more and more and they get better and better in my opinion.

Used in a bodybuilding scenario the advantages are even more pronounced. Even before adding HGH to our cycles (beginner of not) with a carefully planned steroid cycle, training system and diet the results can be amazing. Now with the addition of a HGH cycle added to that steroid cycle albeit small the difference is truly amazing - beginners or should we say slightly advanced beginners - would see gains such as fat loss, a hardening of the physique, better pumps and much faster conditioning with the training producing better and better results the longer it goes on; THAT alone still amazes me every time.

I have discussed HGH in the Layman's Guides in the past and that info still stands but for a total beginner I would advise again that you hit on a couple of standard steroid cycles and test yourself as to how you react. This is really the best way of moving on up the ladder. OK you could bypass that ladder but if you are asking for the best advice then take it - it really is the best option. Either do it safely and carefully or back off and leave it alone. We are not fucking about here, take it steady and the gains will be sure and permanent.

Dosages for GH

As I have said, GH really is for later on in the schedule but as with tradition no one listens to advice as they should so I will advise anyway on what dosages are ok for usage with GH be used earlier in the beginners training but I do this based on what I KNOW works fine and even more important safely.

Start off steady and low. The GH I am using at the moment comes in 10iu vials by Jintropin and I put in the 1ml (100 units) of fluid and then simply divide it by 4 which gives me 2.5ius. This is a perfect dosage for every other day or even every third day if I wish to just use the GH as a top up, a booster if you like. When I do it this way I get the benefits of low dosage steroid intake and the tremendous advantages of using low dosage GH as well. My gains are quicker, fat loss is also speeded up and the feeling of well being is to the roof.

Now this is a simple way of inducing GH into your cycle. Please do NOT give me the shit about the lack of technicality of how taking GH should be. For those who wish to criticise on this matter - fuck off! Taking gear and/or GH can be simple and safe with no complica-

tions. Why complicate something that is piss easy to do and reap the benefits of ALL the advantages without having to fill my system with shit loads of gear that my body may not use or will just reject. I am here to make the job easier and acceptable for normal usage. 99.9% of you will never walk the boards on a competition so why the fuck should you take the risk and double, nay, possibly quadruple the risks. Is it worth it? Come on ask yourself really - is it? OK then if YOU feel that the risks are worth it then this book is not for you. I best hold there and save my rant for later as I really get wound up when I get into this subject because those that wish to fuck up good advice soon create their own following of nut cases who will take whatever amounts to achieve, well in most cases, very little but problems. I digress again.

Can we date gear info?

This is going to piss a lot of publisher/authors off but you have to understand that there is only so much information that can write about the gear. There is also a limited amount of gear that we can actually say is real and genuine gear. I am sorry but that is the case. Unfortunately the counterfeiters have gone from strength to strength and even better with their copying technology. Now this may seem strange to say but there are some counterfeiters that have realized that putting absolute fuck all in their products at one time was the way to go; it was cheaper to produce, profits were better but in the long run word got around so fast that eventually no one would go near their products - thankfully. So they decided that if they were going to counterfeit then it was best to at least put something in that was at the very least minimally anabolic and that is what has happened these last few years.

OK it is still bad for us if we cannot find the good gear but at least a deca instead of what should be a heavy test for example is better than nothing at all or even peanut oil which could be fatal for those allergic to any kind of nut product. The other alternative is usually a propionate that takes the place of many test cypionates or branded decas for other examples.

Look, I am not condoning the counterfeiting of steroids, totally the opposite, but at least I can tell you that in most cases now at least unfortunately if we DO hit on a batch of bad gear we have a little better chance of getting some steroid, even if it is not what we want. I know, I know, this is still not good but if we do get ripped off then we are getting something. Years ago that was not the case. I still do however hope that all counterfeiters have shits that resemble hedgehogs but there you go.

The point I am trying to get to is that many people keep asking me for updates on certain gears; "what's new with deca"? I get asked many times, "Why don't you write about something new?" or "Some new gears? "Maybe some new way how to take them maybe? OK, I see where you are coming

from and I take on board what you are asking - but - how the fuck can I write about something that I cannot invent!! How the fuck can I write about something that does not exist? Also, regarding the "new ways" of taking gear, HOW CAN I DO THAT? Do you want me to lie and give you a load of bullshit? I am sure that you do not want that, but there are many writers, magazines and bull shitters that will happily fill your head with that much shit you will not know WHAT to do. They will also "improve" on cycles such as mine or better them as they say simply by doubling the amounts that I give as safe! In some cases they have been tripled and then again! What happens then? I get calls asking why I give a certain amount of gear for a cycle as opposed to another that is quadrupled in size. Now, why would I stick to my guns for fuck sake? Think about it for a second…….

OK that's long enough. The reason that I stick to my guns, stay with what I know and do NOT go over the top UNLESS that "over" is gradual and steady is simple - I do it because it is safe for ME and even more important safe for YOU the person who is taking the advice from someone who does know - me! If I want infamy, notoriety and certain "popularity" based on the fact that I do not give a fuck simply because I make numbers up and publish them, then I would just close my eyes and type the numbers as they come into my head and that could be in ANY combination. See what I mean?

Sourcing your gear?

This is where you have to be real careful. Apart from the obvious local gym sources and contacts where you may be most successful, the internet is another source that is vast and no question but with it comes an even bigger chance of being ripped off or scammed as is the most popular title.
The trick with the internet is not to become being TOO confident with a new supply unless you are absolutely sure you know of the supply, their quality and of course their integrity and the latter will only be assured with time.
You see many of the internet sources would first lock on to your first few orders of smaller amounts and return your goods as fast at they could get them to you. This could happen on the next few orders and by this time most would not see any problems then with increasing their order quite dramatically; now THIS is where you can get trapped - why?

Well as an example let's say if your first order was for say £150 or $200 and the second the same, the skanky bastards that plan to rip you off would by this time encourage you to increase your order and save on postage and give discounts. I know of many examples of this, but one guy had ordered the first few orders at around $100 each and then decided to go for a BIG order of over $3000 or thereabouts.
As soon as the suppliers had received the nice lump of wonga (money), that was it, no more communication. He was fucked big style. He lost his money, no products and no more because the company concerned would not answer

any e-mail and there was no number to call.
Now it does not take more than a few to make these bastards rich at that game now does it, but the guy had dropped his guard AFTER being given the advice. Go figure. Just remember not to buy too big, do not get over confident, stay small and then if you do get ripped off at least you can limit your losses rather than a hefty amount. Also and most important is the use of credit cards. DO NOT give your details to a source that you do NOT trust 100%, you must be sure of your intended source before these details are passed over.

But not all of them are going to scam you; you just have to be careful. There are also many web sites that will give you lists that contain the blacklisted names of people or companies that are known scammers but this can also be used wrongly. Obviously I am bound to know where certain gears (steroids) come from, I would be a liar if I said I didn't know, but I also can say that these lists can be used by the wrong people against the good people. What I mean is that it is so easy for a shit company to black list a genuinely good one simply by putting their names up! Sounds a bummer I agree but that is what can happen and does so do not take a bad name AT FIRST as a definite bad source. Try and do a little homework or give us a bell, we usually know who the bad guys are - that's a fact!

Where can I buy pins?
www.getpinz.com is a US based web site and one of many that you can buy your pins from without any real problems. They will ship to the UK with no problems as far as I know. But there is an even easier and cheaper way. If you look in your local area or nearest city there are usually these drug rehab or advice centres. Now it is at these places that you will be able to pick up your pins for free usually and get the advice needed for their usage. All you have to do is give a name or at least the area you are in to qualify for free needles. Their main concern is that you do no share needles and spread the Aids virus or any other transferable disease for that matter. These places are manned with friendly, helpful people so a few minutes of your time is all that they ask and as I have said, it is free. They will also give you one of those disposable containers for putting your used needles in, now this is handy and in some cases the only stipulation that they insist on - makes sense mind.

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Simplified Injection Proceedures

Simplified Injection Procedure

TOP

Far too many people make far more out of injecting than is really necessary.

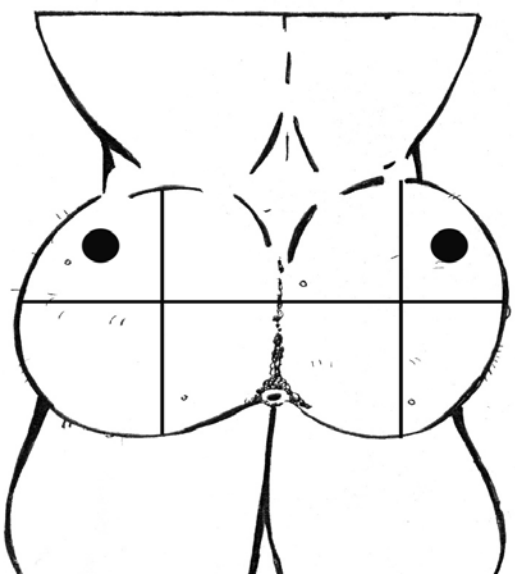
This guide is to show the easiest, safest method of injecting anabolic steroids.

Most importantly cleanliness is of utmost importance; always remember to **WASH YOUR HANDS** and keep the area being injected clean at all times. A good way is to use one of those baby wipes prior to using an alcoholic swab.
The most common places to inject are usually in order of preference Glutes (butt), quads (upper outer thigh) or side deltoid (shoulder) As seen on the previous picture.

To start with we always recommend the glutes as first choice as these are the large well developed muscles which are really the simplest place to inject and contain very few blood vessels and nerves.

When injecting the glutes divide the butt cheek into 4 quarters. You want to be injecting into the upper, outer quarter.

If you imagine a clock, the injection sites would be at 2 and 10 o'clock as a guide.



The equipment you will need to inject safely is the following:-

- **3-5ml syringe**
- **1 x Green 21g 1.5" needle or either a blue 23g 1.25" needle**
- **Vial Breaker or a small file**
- **A few alcoholic swabs**
- **Steroid of choice**

A little tip is to hold the vial in your hand for a short while to warm the oil or even hold the unopened vial in a cup of warm water; this will help in both drawing up and injecting and in some cases stop the jab from stinging.

Push and twist on the green needle onto the syringe and push any air out that may be in the syringe (see pictures).

Using a small file gently file round the edge of the neck of the vial and score a line all the way round, once this is done gently snap the top of the vial off. In one quick snap. You will not always hit this right every time but with practice you will soon

master it. Note that should you snap it and it shatter, be careful not to get any small pieces of glass in the syringe. OK there is little chance of any of the glass being pulled in but nonetheless, be careful.

Note some gears, mostly multi-vials usually have a metal strip covering a rubber plug; this must be removed before attempting to put the needle in to the centre of the plug. There is usually a circle showing where to put the needle.

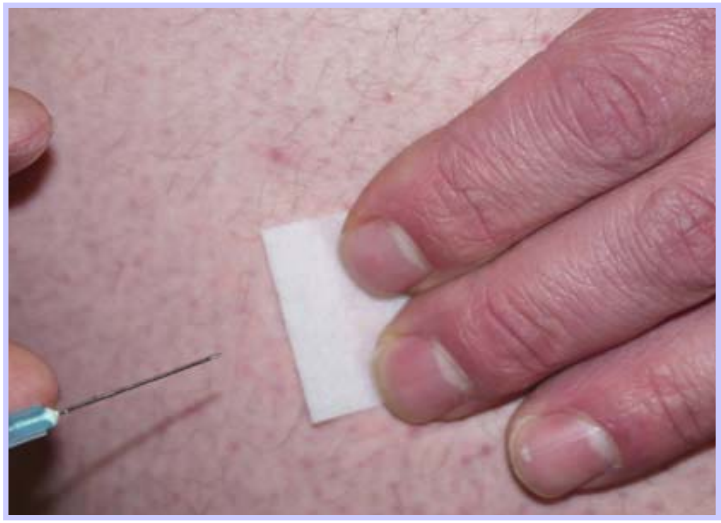
Now gently insert the syringe into the vial and carefully draw out the contents, slowly. Once the vial is empty pull back the plunger a little more to make sure all gear has gone into the syringe, replace the safety cap onto the needle then swap to the needle size of your choice. Green needle for the thicker oil; blue for the lighter mainly water based gears. Now you can use a blue for the thicker oil based gears if you like the choice is yours. It is just that some prefer the smaller needle for all injections, I prefer the greens personally.

Remove safety cap then push up on the plunger slowly until the gear starts to trickle down the needle, replace the safety cap as it is now ready for injecting.

For this example we are going to inject into the upper outer thigh so clean the injection area thoroughly with an alcohol swab.

Remove your safety cap from your prepared syringe and slowly push the needle in up to the hilt and pull out so that about half an inch is showing. Now holding the syringe firmly in place with one hand slowly pull back the plunger (this is called aspirating), this is to make sure you haven't nicked/injected into a vein, if you see any blood in the syringe then remove and

replace the pin and inject again (opposite side).



Sometimes you can pierce a small vein and this can bleed quite a lot but do not worry as long as you have aspirated then you are OK.

If there is no blood in the syringe then slowly push the plunger in, taking your time to inject.

Once all the gear has gone from the syringe then slowly pull the needle out of the injection site and apply pressure with a clean swab. If there is a little blood do not panic this happens from time to time as explained above, a bit of pressure applied soon sorts this!

After your jab has been completed then massage the injection site for around 1-2 minutes to try and disperse the gear easier.

"Always make sure you dispose of your needles carefully!"

Home & Commercial Gym Training Systems

HOME & COMMERCIAL GYM TRAINING SCHEDULES
© Mick Hart Training Systems

The following training schedules have been designed specifically for home and commercial usage. There will obviously be exercises that you are not aware of or machines that you may not have but please contact me and I will do my best to advice in anyway that I can. (Just a little pointer here, home gyms usually consist in the main of dumbbell and barbell sets and commercial gyms, well mostly machines and free weights hence the reasons for the two categories).
I have tried to give as best a variety as possible so that all aspects of training are covered examples being total body training, split systems and single body part once a day training. All these systems have been proven in battle and I can guarantee that should the training be adhered to your gains will be rewarding. You only get out what you put into this game so work hard and reap the rewards.

The old story of whether or not training at home is better than at a commercial gym will always be top subject but it really is a personal thing. I personally trained for many years at a home gym albeit it was more than substantial in content and for those years preferred training on my own most of the time - again a personal thing. Training partners are a definite benefit and bonus should you wish to go for those poundage's a little more than you can handle on your own, plus the safety aspects are an obvious advantage.

The ideal choice is to have the best of both worlds to be honest. If you can equip your home with even the basics then join a gym and take advantage of the benefits of heavier and more varied machines and heavier free weights then all round it would be better for you.

This advantage is shown should you not be able to make the trip to the big gym for many reasons; late from work, too tired, babysitting name it, it happens and having at least the basics would mean that no workouts are missed or at least you can keep the condition that you have been working hard for; just a little point but an all important one to be sure.

Check out these varied home gym and commercial workouts given for you. Remember that it is always advised that you give each system at least a three month run before moving onto the next. Also and all important, if your gains are coming thick and fast there are a few main rules that you need to take note of:

****

Don't mend it if it not broken. If a plan or schedule is working well, stay with it until it stops producing results.

Always try to better your results each time; even the tiniest increase in weight or intensity is bettering your performance.

Your body will relish the idea of a systematic routine so long as you take note of the previous point. It will adapt to the increases resulting in gains. Do not let your body get a chance to get bored, test it with ever increasing tasks and challenges. Toil to improve each time.

Listen to and respect ONE master. The worst thing that you can do is to be set in your mind and happy with your training only to lose it all to the confusion of a dozen different opinions that do nothing but conflict each other. Note my advice here as this one will particularly screw up your head - big style!

Keep a diary not only of your weights and diet but also of your attitude and feelings of how you are progressing, how you feel you can improve and the methods that you plan to use. Not only will this help you to plan the next training period it will be an interesting insight into what and how you have progressed AND should the need arise assist you in training yourself again should you stop and restart.

Stay focused but able to leave the gym until it is needed again. I can vouch that this one will surely fuck you up if not taken note of. OK I made a career out of the fact that I could not let go, but I also found myself NEVER to be able to let go - the gym has always followed me no matter where I have been or with whom I have been with. Bodybuilding is good but not that good you cannot let go. Trust me I know whereof I speak.

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This system is varied in the way that it will allow you to hit the major muscle groups with varied exercises (please see accompanying notes), and also to attempt and record heavier poundage at the end of the weeks work-outs.

Please try to aim for the best possible style, and also remember to record all increased poundage. Three days needed, Mon, Wed, & Friday if possible, please contact if you require further info.

Day One: TOTAL

System is total, but will vary.
Warm up with **5 minutes of stretch**.

Prone triceps (skull crishers):3 x 10/12 superset with:
Barbell curls:3 x 12+ if possible.
Flat bench press:3 x 12/15 superset with:
Single arm rows: 3 x 10/12
Squats: 3 x 15/20
Press behind neck: 3 x 12/15 superset with;
Barbell shrugs: 3 x 8/10 (shrug high)

Abs:
Seated barbell twists:2 minutes
Weighted side bends:1 x 20 each side
Partial sit-ups:1 x maximum
Flat leg raises: 1 x maximum
(Do one set of each - one after the other as in superset fashion, this will count as one circuit. Complete three circuits if possible).

Day Two: TOTAL

Emphasis is on pumping and flushing the muscle groups.
Warm up well.

Pre-exhaust barbell curls:3 x 15/20 light pumps.
Close grip bench/triceps press:3 x 15/20
Good morning bends:3 x 12/15
Freestanding squats - no weights3 x 20/25
(Alternate footing wide and close)
Flat bench press:3 x 8/10 deep full stretches
Single arm rows:3 x 8/10 full stretch
Vertical rows: 3 x 10/12 each arm
Abs:
Flat leg raises: 1 x 25/30
Partial sit ups:1 x maximum
(Same system for circuits as day 1, attempt 3 full circuits).

Day Three: TOTAL

Total again but attempt weight increases if possible.
Long warm up here, stretch well.

Seated press behind neck:3 x 12, 10, 8.
Squats (with bar):3 x 15, 12, 10.
Inclined bench press:3 x 12, 10, 8.
Heavy barbell cheat curls:4 x 12, 10, 8, 8.
Slightly inclined prone triceps:4 x 12, 10, 8, 8.

Note:
There will be no abdominal training today; you will need all the energy you have. Plenty of carbs at least an hour before training will also help a great deal.
The point of this type of training is to shock the muscle into new growth, and it is quite acceptable to decrease the amount of sets in the first couple of weeks in order that you get used to the system. You will find that it will take some getting used to but it will produce results. Rest time between sets, suggest 30 seconds to one minute.

This system is hard, but will prove effective. Stick at it; try to increase your stamina gradually. Result will not come if optimum performance is given.

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Home Gym Training System Two

This system requires every other day training if possible, but obviously due to any difficulties arising train as often as possible.

It is another version of the successful three day systems but note the differences in repetition ranges on most exercises as they tend to be higher here.

Day One: TOTAL

D/bell lateral raises: 2 x 12/15
Free standing squats: 3 x 10/12
Flat d/bell press: 2 x 12/15
Flat flyes: 2 x 12
Barbell rows (careful here): 3 x 10/12
Prone triceps: 3 x 12/15
Barbell curls:3 x 12/15

Abs:
Standing bar twists: 2-3 minutes
D/bell side bends: 2 x 15/20 each side
Flat leg raises: 2 x max each set
Bent knee sit ups: 2 x max if possible.

Day Two: TOTAL

Vertical rows:3 x 12 to 15 range
Stiff legged dead lift (careful here also) 2 x 15
Inclined d/bell press: 2 x 12-15
Inclined flyes: 3 x 15
Single arm d/bell rows: 3 x 12-15
Alternate d/bell curls: 3 x 12-15
D/bell triceps stretch: 2 x 12 each arm

Day Three: TOTAL

D/bell lateral raises: 3 x 12/15
Free standing squats: 3 x 10-12
Flat d/bell press: 3 x 15
Flat flyes: 2 x 15
Barbell rows: 3 x 12
Prone triceps: 3 x 15
Barbell curls: 3 x 12/15
(Abdominal training as day one)

Note:
The training system given here will most certainly produce results only if you give it your all. Do not think that it will be an easy task, no way! What it will give you is the confidence that you are in need of to succeed.

When you start off, aim for just a few sets at first, then gradually move up to the maximums that have been given. Take as much rest as you need and move on to the next set only when ready.

You can reduce the amount of time between each set as you progress. Do not try to rush into it to fast. The results will come, be assured, so hang in there and do the business.

****

This system requires four days, e.g. Monday, Tuesday, Thursday & Friday. The weekends MUST be kept for rest and recuperation.

This will allow for the growth and repair of muscle tissue, including conditioning.

This workout is also designed to save time and make sure that recovery is a main factor.

Days One & Three - Delts, Back & Triceps:

Warm up well, 5 minutes minimum.

Seated press behind neck: 2 x 8
D/bell lateral raises: 2 x 10
Single arm rows: 2 x 10
Dead lift 2 x10
Prone triceps: 2 x 10
Bench dips: 2 x maximum possible

Abs:

Flat leg raises: 2 x maximum
Partial sit ups: 2 x maximum
Seated barbell twists: 1-2 minutes.

Days Two & Four - Legs, Chest & Biceps:

Warm up well, include stretch

Full squats: 2 x 10-12
Good morning bends: 2 x 12-15
Single leg toe raises: 2 x max each leg
Flat bench press: 2 x 10
Flat flyes: 3 x 10
Barbell curls: 3 x 10
Alternate d/bell curls:2 x 10-12

Abs:

Light d/bell side bends:2 x 15
(No more abdominal work this day)

Please note it is important that this work-out would read as follows:

Monday - Day One
Tuesday - Day Two
Thursday - Day Three
Friday - Day Four.

The days set out are best stuck at if possible but should they not be compatible then obvious changes can be made to suit. The rest of the days would be left for rest and recovery.

Try to maintain your training style as best as possible. This will ensure that you will hit the body parts where they need it.

Another point is that you may feel your weights will be strongest at the beginning of the week so do not despair should you need to lower and pump out with lighter weights on the last two workouts of the week i.e. days 3 & 4

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This system is designed for 4 days training, Mon, Tues, Thurs & Friday as examples. The weight used is really secondary as the PUMP is the main concern here. The training should be both fast and good style, this will ensure that each muscle group is hit accordingly and accurately using the triple set system.

An explanation will follow later in detail.

Day One - Legs, Chest & Biceps:

Triple set:
Squats: 3 x 12-15
Flat d/bell press: 3 x 10-12
Seated d/bell curls: 3 x 10-12

Lunges: 2 x 10-12
Cross bench pullovers: 2 x12-15
D/bell concentration curls: 3 x 8-10

Abs:
Barbell twists: 1-2 minutes
Flat leg raises: 1 x maximum
D/bell side bends: 1 x 20 each side
Bent knee sit ups: 1 x maximum
(Repeat two-three times, one set followed immediately after the other).

Day Two - Delts, Back & Triceps:
Triple set:

Seated press behind neck: 3 x 10-12
Bent barbell rows: 3 x 8-10
Prone triceps press/stretch: 3 x 10-12
D/bell lateral raises: 3 x 12-15
Stiff legged dead lift: 3 x 8-10
D/bell French press: 3 x 10-12

Abs:
Barbell twists: 1-2 minutes
Flat leg raises: 1 x maximum
D/bell side bends: 1 x 20 each side
Bent knee sit ups: 1 x maximum
(Repeat two-three times, one set followed immediately after the other).

Note:
This is a triple set system and should be done in similar fashion as that of the super set system. The first set followed immediately by the second etc.
There is no rest between the sets as they fall into place, rest should be taken when the triple has been completed.
Remember that although the system calls for speed and pump you must still pace yourself and get used to it gradually. This workout would be used for conditioning and weight loss assistance for instance. An excellent system but just take your time and you will get up to speed.

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Commercial Gym Training Systems

System requires: 4 days training, no less and absolutely no additions! After the 2nd day, take only one day off and then revert back to the system.

The days off can be filled with a little extra aerobic exercise, but just a little.

Rest and recuperation is vital in any training system.

Day One - Legs, Delts & Abs:

Warm up well.

Thigh extensions: 3 x 12-15
Leg press or squat: 4 x 15, 12,10,8
Leg curls: 3 x 10-12
Standing machine calf raises: 3 x 15-20
Seated d/bell lateral raises: 3 x 10-12
Superset with
Upright/vertical rows: 3 x 12-15
Barbell shrugs: 3 x 8/10

Abs:

Flat leg raises: 1 x max reps
Light d/bell side bends: 1 x 15-20 each side
Bench crunches: 1 x max reps
Seated barbell twists: 1 x 2 minutes

[Complete one set of each to complete a circuit of 4 - repeat 2 more times].

Day Two - Chest, Biceps & Abs:

Warm up well
Inclined d/bell press: 3 x 10 - 12 [Low incline]
Flat bench press: 3 x 12 - 15
Superset with
Flat flyes: 3 x 15
Preacher curls (straight or e/z): 3 x 10-12
Seated alternate d/bell curls: 3 x 12
D/bell concentration curls: 2 x 10-12

Abs:
Seated barbell twists: 1 x 2 minutes
Good morning bends: 1 x 20-25 reps
Flat leg raises: 1 x maximum reps poss.
[Complete 2 circuits].

Day Three - Back, triceps & Abs

Warm up well
Lat-pull downs to front, (hit upper chest) 3 x 12-15
Base pulley rows/low row: 3 x 12 -15
Lat pull downs to back of neck: 3 x 12-15
Prone triceps (skull crushers): 3 x 8-10
Triceps pushdowns: 3 x 12-15
Abs: as that of day one.

Note:
You must endeavour to strive for as perfect a style as is possible. This will ensure that you will hit the areas that have been targeted for you.
Format is as example; Day 1 - Monday, Day 2 - Tuesday - Rest Wed - Day 3 Thurs - Day 1 Friday - Sat & Sun rest - Monday Day 2 etc and so on. Where the system asks you to pump, this means that you must continue to failure as best you can and hard!

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commercial Gym Training system Two

System requires three days on and one day off.

DO NOT hang about with the rest periods - **HIT IT HARD AND FAST!**

It can most certainly be adjusted to suit your own training day requirements.

Day One - Biceps, Triceps & Abs:

Single arm concentration curls: 3 x 8 -10
Barbell Curls wide grip: 4 x 12
Single arm preacher curls: 3 x 10-12

Single are D/bell stretch: 3 x 8 -10
Triceps pushdowns: 4 x 12
Bench dips: 2 x max reps pump

Abdominals:
Barbell twists: 2 minutes
Bench crunches: 2 x max reps
D/bell side bends: 2 x max reps - feel stretch in abs
Flat leg raises: 2 x max reps

Day Two - Quads, Leg Biceps & Calves

Squats wide stance: 4 x 12 -15
Leg Press: 4 x 12 -15
Lunges: 2 x 15
Stiff legged dead lifts: 3 x 8 -10
Leg curls: 4 x 12-15
Standing calve raises: 5 x 15 - 20

Abs:As day one

Day Three - Chest, Back & Delts:

Flat d/bell press: 4 x 10 -12
Inclined flyes: 4 x 12 -15
Flat flyes: 3 x 12 -15
Lat pull downs to front: 4 x 12 -15
Barbell rows: 3 x 8 -10
Lat pull downs to back: 4 x 12 -15
D/bell lateral raises: 4 x 10 -12
Seated d/bell press: 4 x 10 -12

Nice and low on bottom part of movement so that the delts get a full stretch. This should be enough for this area as the previous body parts will hit the delts area also.

Note:
On the third day make sure that you rest well. Work the abs on days one and two, rest them on the third. Your energy should be aimed at the major, yet basic exercises which will result in better tone and condition.

After the last days training, take the day off and then start the three day routing again i.e. three on and one off as system states. I like this one a lot.

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Commercial Gym Training System Three

System requires only **ONE** major body part per day, 5 days a week - no more than instructed.

It is important that only the training given for the day be done. The growth that can be derived from this can be quite amazing if adhered to. Delts to be done on low sets a few days per week as shown.

This is NOT over training.

Day One - Delts, Legs:

Warm up well

D/bell lateral raises 4 x 10 -12
Squats 4 x 15, 12,10,8 increasing weight.
Hack squat 4 x 12, 10, 8, 8
Thigh extensions 4 x 10 -12
Standing Calve raises 5 x 12 -15

Day Two - Delts, Chest:

Warm up

Press behind neck (Smiths) 4 x 10-12
Flat bench press 4 x 8-10
Inclined flyes: 4 x 12
Cable crosses: 4 x 10-12

Day Three - Delts, Back:

Bent over lateral raises 4 x 8-10
Lat Pull downs 4 x 10-12
Bent over rows 4 x 8-10
Seated pulley rows 4 x 8-10

Day Four - Triceps, Biceps

Triceps pushdowns 4 x 10-12
Close grip bench press 4 x 8-10
Seated e/z bar press
(Lower to back of neck) 3 x 12
Barbell curls 4 x 8-10
Seated alternate d/bell curls: 4 x 8-10
E/Z preacher bar curls: 3 x 10-12

Day Five - Delts, Leg Biceps/Hamstrings

Seated d/bell press 3 x 10-12
Leg curls: 4 x 12
Dead Lifts
(slight bend on knees here) 4 x 8-10

Please note:

Abs and calves can be done after one weeks training on this system. The reason is that you need to find out when your energy levels are at maximum. If possible, try to fit them in when you feel strongest. You must hit the muscle groups very hard in order that they are worked enough for the next time - it will work well.

I would advise that nothing extra be added to this system unless advised. The system is proven and works.

It is also important NOT to alter the deltoid training on the days given in this system. Should you do so, the workout and the reason for its construction would be pointless.

This one is the one that works for me on any plain and I can honestly say that this is my favourite training system to date.

****

commercial Gym Training system Four

System requires **FIVE day training** with only the amounts given to achieve the complete workout.

The tendency would be to add much more each workout, but if this is done i.e. for the first few days, then one would find that the rest of the workout of the latter parts would suffer from a lack of intensity.

Stay with the amount given and this will reduce the time in the gym, assist you in being able to increase the intensity and be in the gym, trained and out - in an ideal world.

Day One - Calves, Leg Biceps, Quads:

Standing calve raises 4-5 x 12-15

Stiff leg dead lifts 4 x 10, 8, 6, 4
Leg curls 4 x 12, 10, 8, 6
Squat 4 x 12, 10, 8, 8
Thigh extensions 4 x 10-12

Day Two - Chest, Abs:

Inclined bench press 4 x 12, 10, 8, 6
Inclined flyes: 4 x 12
Flat bench press 4 x 8-10
Cable cross 4 x 10-12
Flat leg raises 3 x 20 plus
Crunches 3 x max
D/bell side bends 2 x 15-20 **(not heavy)**

Day Three - Back, Rear Delts, Calves:

Lat Pull downs front 4 x 12, 10, 8, 6
Bent over rows 4 x 12, 10, 8, 6
Seated pulley rows 4 x 12, 10, 8
Bent over lateral raises 5 x 12, 10
Standing calve raises 5 x 12-15

Day Four - Delts, Hamstrings:

Press behind neck 4 x 12, 10, 8, 6
Db lateral raises 4 x 12, 10
Seated Front barbell press 4 x 12, 10 etc
Leg curls 4 x 12, 10, etc
Dead lifts (slight bend on knees here)4 x 10, 8, 6, 6

Day Five - Arms:

Barbell curl 4 x 12, 10, 8, 6
Seated alternate d/bell curls: 4 x 8 -10
E/Z preacher bar curls: 3 x 10 -12

Seated triceps press 4 x 8 -10
Close grip bench press 4 x 8 -10
Triceps pushdowns 4 x 8 -10

Note:

Excellent little system is this. Doing ones hamstrings twice is recommended here as it is a body part that many miss and it is surprising how much growth it stimulates as with calves. Dead lifts are GREAT for mass all over as well as the lower back. It is MOST important that we keep the BALANCE optimum. Most do not!

5 days only - workouts should take about an hour to an hour and a half at most. Please remember to keep the time periods between sets low - keep the pump up!

Remember to alternate the arms from triceps first one week to biceps the other etc.

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Why is Diet so Important

Why is diet SO important?
This may be the MOST important part of the book for you to understand, not the actual diets that we are suggesting but the understanding behind the importance of a good and regular diet. You MUST take this part and lock it into your heads as soon as possible because your growth depends on it seriously.

Most people would and do reply on the supplementation i.e. protein powders, vitamin supplements etc in the hope that they will supply the body with all of the important and necessary nutrients a bodybuilder would need. Yeah right in an ideal world this would be so, but unfortunately it is not so. The reason this is not so is because although the MRP's (meal replacement packs) and high tech protein powders do contain shit loads of essential vitamins and minerals but not enough for you to have any to spare that is IF you used these in the main. You must use the basic foods that are in fact the cheapest and best way to go for growth.

These of course include eggs, chicken, beef, turkey, fish, in abundance and to include: pasta's, rice, bread, potatoes and of course a variety of fruit and vegetables. OK, we have heard this shit loads of times, but what many do not understand is that the BIG secret that successful bodybuilders have and use over and above most of you is that they DO actually do what the rules say and that is eat regularly, high protein, medium carb and low fat at proper and regular intervals and maintain that regularity. If you are looking for that BIG secret then that is IT! No kidding that is it!!

Steroids will help of course, but only a little. Lifting heavy weights, yep, that will also help (not being sarcastic here) but the most important part IS eating at regular and set times. Even if you are not hungry, it is vital that you try and get something down because your body will accept smaller meals easier; process and digest them easier and also will help you keep the fat levels to a minimum because your body is using the foods at a faster rate and being able to use the nutrients quickly and efficiently. Sounds too simple eh? Maybe so, but I am afraid to say that should you fail in your attempt to achieve growth and success through then I am 99.9% sure that it will be this area you will have failed in. Trust me.

Now there are those that would like to believe that a lack of diet can be supplemented with shit loads of steroids. These types of fuck nuts would have you believe that even a small amount of gear would still utilise the minimal amount of protein intake and you will still grow; they are wrong. What WILL happen is that you will grow OK no argument there, but liken it to building a wall as an example. You have so many bricks, you use them then there

is no way that you can build unless you add more bricks right? A sensible but suitable analogy would you not agree. But you would NOT grow because it would not be possible without any more bricks, simple but it makes sense. OK you would be able to make the wall look better i.e. condition it, but trust me it ain't gonna grow anymore of that I am sure. This may be how you wish to look but for most growing is part of the game and without a regular supply of bricks the wall will stay the same come rain or high water. Same goes with your body; it will get harder but no bigger I can assure you of that!

The best tip here is to eat if possible every three hours. If you cannot eat, then drink; this is the ideal opportunity to add the protein shakes as they were intended for - to supplement your diet. They are perfect for this reason alone as may cannot eat a solid meal every three hours but find it easier to sit down, relax and drink.

But to summarise, a regular eating plan is in my opinion THE MOST single important thing you can do to make your training go with success; I have no doubt in my mind that is so. In all of my years, the students, clients who have enjoyed the most success are easily the ones who have given their diets the up most priority the built the rest of their training around this factor.

"…..This may be the MOST important part of the book for you to understand, not the actual diets that we are suggesting but the understanding behind the importance of a good and regular diet….."

Suggested Diet Plans & tips
What follows are three diet plans, two of which are weight loss plans and the last one is as stated a mass and build diet - please remember to check that you are using the right one for your needs should you wish to use them. Of course they are only suggestions as we don't know what sources of food you prefer use and so we suggest what we would use as a general idea.

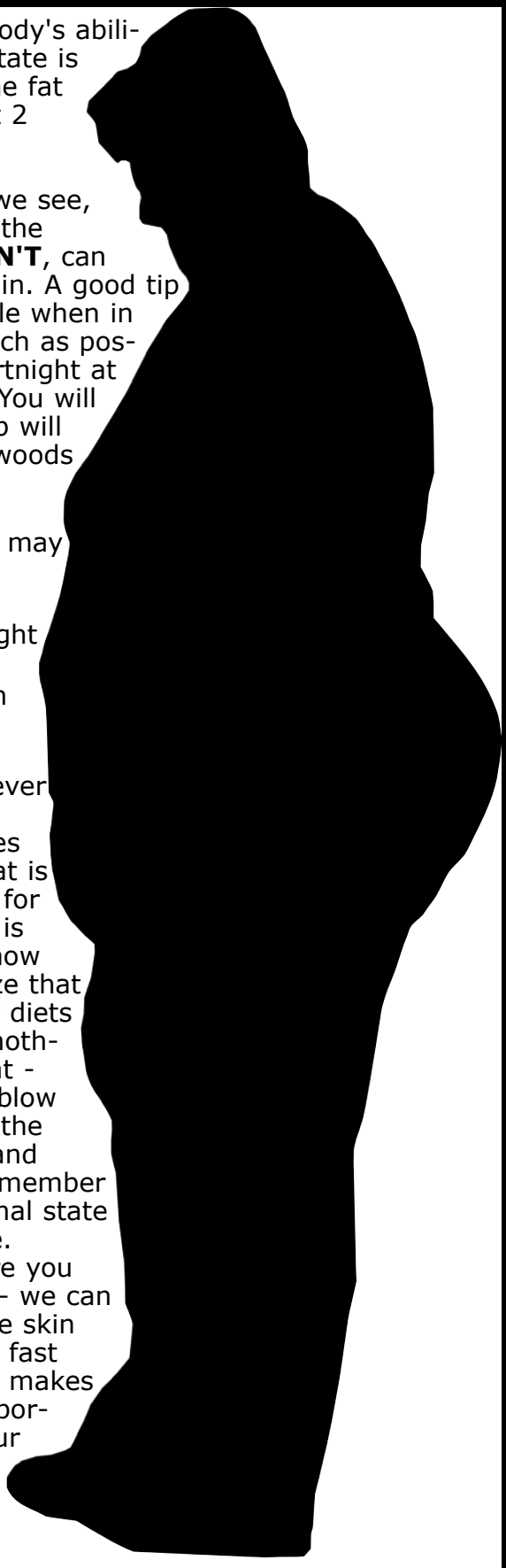
The ideal time or rather optimum time that we can lose weight is the period before breakfast or ideally the time that we could do our cardio BEFORE breakfast. Our bodies are usually craving carbs in the main for the day ahead and with no food in our bodies we tend to use some of our stores of fat at this time more than any other; obviously due to the "fast" that we have gone through during the night so the glycogen levels are exhausted.
If you could do a small amount of cardio before breakfast you would see significant losses in weight over a small period of time, but the training has to be consistent and assisted with a calorie controlled diet BUT even if your diet was not 100% the fat loss would still be significantly more than usual. However it does not have to be weight training you could maybe try a small amount of cardio or a short walk which would certainly suffice as a start. You would be boosted for the rest of the day.

Drinking plenty of water also boosts the body's ability to lose weight. Being in a dehydrated state is not only unhealthy but also slows down the fat burning process. Suggest drinking at least 2 litres of water a day.

Mirrors are our friend when we like what we see, but checking in and not being able to see the minute differences simply because we **CAN'T**, can reduce moral so fast that we tend to give in. A good tip here is to stay covered as much as possible when in training, stay away from the mirror as much as possible and weight yourself **ONLY** once a fortnight at the minimum but once a month is better. You will be amazed at the difference this simple tip will help. Ever heard the term "Can't see the woods for the trees"?

These are just a few tips to help and they may not seem to be of all that much help but should you think that way have you ever wondered why someone else can lose weight better than you? Could it be that they are using all of the available tips that they can use?

Another point and an important one too, ever wondered why people prefer cardio over weight training. OK I know that cardio does burn off more fat than weight training, that is obvious, and also that cardio is important for the heart and general health - now **THAT** is something that I can relate to and know how important that is. But you must also realize that most people fad diet, they tend to aim for diets that will get the weight off quickest. OK, nothing wrong with that in its basic idea format - BUT think about what happens when you blow up a balloon, tighten and stretch the skin the more air you blow in? Well it gets bigger and stretches out of shape and the thing to remember is that it does NOT revert back to its original state and therefore remains in a stretched state. Now with a balloon there is not much more you can do really but with our bodies there is - we can tone them; tone the muscle and pull in the skin and prevent the baggy skin problems that fast dieting can bring. Now I am sure that this makes sense. Weight training **AND** cardio are important together to achieve the best out of our training and to achieve the optimum results we have to combine the two as closely as possible.



Weight Loss & DIET

Weight loss & Maintenance Diet - Diet One

Breakfast:

3 Boiled/poached/scrambled eggs
1 slice of whole-wheat toast, spread thinly with low fat margarine
2 pieces of fruit of your choice, a cup of black coffee or tea (with Sweeteners), orange juice if preferred
Supplements must follow

Mid-morning snack

2-3 rice cakes with very low fat cottage cheese or tomato. If sweet snack preferred, try using low sugar diabetic jam

Lunch

Quarter slice of melon with a carton of low fat cottage cheese
2-3 crisp-breads of your choice
Large side salad of your choice, add low fat dressing if preferred.

Or

Large chunk of brown crusty bread spread thinly with low fat butter add tuna and sweet corn mix as an example or even better chicken/turkey
Add salads if preferred

Mid-afternoon snack

Protein shake made with water OR 2-3 rice cakes with very low fat cott age cheese or tomato. If sweet snack preferred, try using low sugar dia betic jam

Dinner

Go for pasta or rice meals here, with meat of your choice as the main course with plenty of side salad.
Low fat yoghurt
Large glass of cold water with pure lemon juice added.

Before bed

Protein shake made with half pint semi skimmed milk

Weight loss & Maintenance Diet - Diet Two

Breakfast

3 eggs scrambled in a little vegetable oil
2 crisp breads spread with non sugar jam.

Or

Half a grapefruit with low calorie sweeteners if used followed by 2 poached eggs on whole-wheat toast (2)
Supplements with orange juice or coffee (se semi-skimmed milk if possi ble at all times, if required).

Mid-morning snack

1-2 rice cakes with very low fat cottage cheese or tomato.

Lunch

Baked potatoes sprinkled with low fat cheese or beans
Side salad of lettuce and tomatoes
Fruit of your choice; followed by either fruit juice or cup of coffee.

Mid-afternoon snack

Tinned fruit e.g. pineapples, pears must be in own juices.

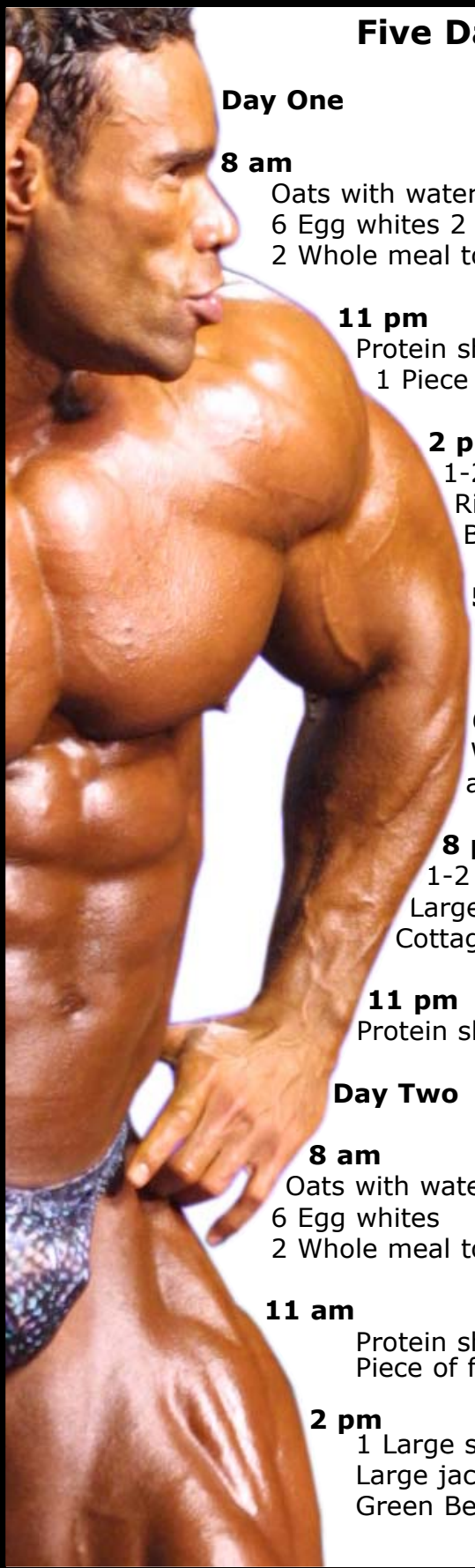
Dinner

Cheese and eggs in a little low fat mayonnaise with a large cut of crusty bread
Suggest four eggs and take out the yolks of two eggs. Remember that you will still get the protein from the white and lose the fat which is in the yolk.
Water and lemon juice as a main drink

Before bed

Protein shake made with half pint semi skimmed milk

"....Even if you are not hungry, it is vital that you try and get something down because your body will accept smaller meals easier...."



Five Day Mass Build Diet Plan

Day One

8 am
Oats with water
6 Egg whites 2 yolks
2 Whole meal toasts

11 pm
Protein shake with water
1 Piece of fruit

2 pm
1-2 chicken breasts
Rice
Broccoli

5 pm
Protein shake with water and honey
1 Piece of fruit

6 pm
Workout followed immediately with
a high protein/carb shake with water

8 pm
1-2 chicken breasts
Large jacket potato
Cottage cheese

11 pm
Protein shake with water

Day Two

8 am
Oats with water
6 Egg whites
2 Whole meal toasts

11 am
Protein shake with water
Piece of fruit

2 pm
1 Large salmon/tuna steak
Large jacket potato
Green Beans

5 pm

Protein shake with honey and water
Piece of fruit

6 pm

Workout followed immediately with a high protein/carb shake with water

8 pm

1 turkey breast
Pasta
Mixed vegetables

11 pm

Protein shake with water

Day Three

8 am

Oats with water
6 Egg whites 2 yolks
2 whole meal toasts

11 am

Protein shake with water
Piece of fruit

2 pm

1-2 chicken breasts
Pasta
Salad

5 pm

Protein shake with honey and water

6 pm

Workout followed immedi ately with a high protein/carb shake with water

8 pm

Large salmon/tuna steak
Rice
Green beans

11pm
Protein shake with water

Day Four

8 am
Oats with water
6 Egg whites
2 Whole meal toasts

11 am
Protein shake with water
Piece of fruit

2 pm
1 turkey breast
Pasta
Sweet corn

5 pm
Protein shake with honey and water

6 pm
Workout followed immediately with a high protein/carb shake with water

8 pm
1-2 chicken breasts
Large Jacket Potato
Broccoli

11 pm
Protein shake with water

Day Five

8 am
Oats with water
6 Egg whites 2 yolks
2 Whole meal toasts

11 am
Protein shake with water

2 pm

Large chicken breast
Large jacket potato
Cottage cheese

5 pm

Protein shake with honey and water

6 pm

Workout followed immediately with a high protein/carb shake with water

8 pm

Large sirloin steak
Large jacket potato
Green beans

11pm

Protein shake with water

This diet is set over 5 days, by all means swap and change meals as you wish. Add 10-15g of Glutamine and 1/2 teaspoon of creatine to some flavoured water and sip throughout your workout.

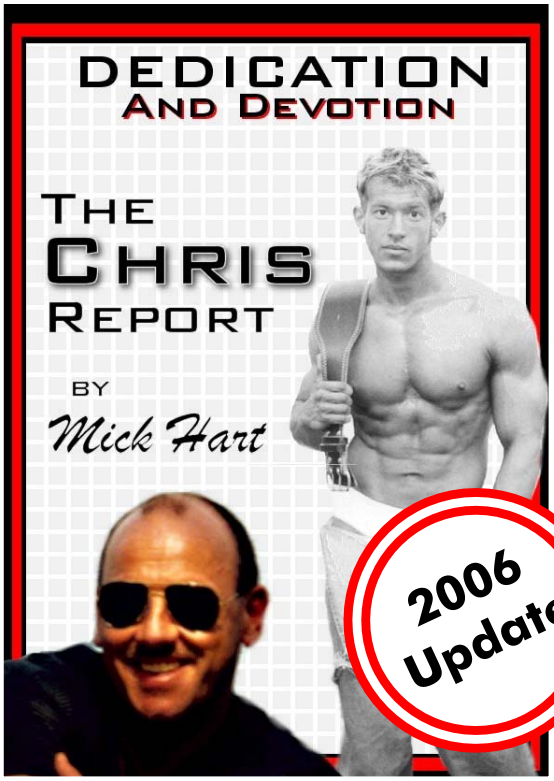
Stir fry your food or add sauces to taste. This is by no means strict but it will give you very good lean gains.

Feel free to add cheat meals, the weekend is good for this as by the time the week is out you really will look forward to them. Just remember to keep your protein content high with shakes.

Feel free to add cheat meals, the weekend is good for this as by the time the week is out you really will look forward to them. Just remember to keep your protein content high with shakes.

Weight Loss & DIET

Chris Report II Update



For those that have kindly asked about my son and his progress of late since the Chris Report and also the possibility of a Chris Report II I can say that we hope to produce a full on and detailed report in the coming year - we hope. But due to commitments both here at the office and indeed personal endeavors requiring extra attention these things have had to take a back seat for a while.

I do plan to put the details of his latest contest preparation down but to be honest it will take a shit load of time to put together the masses of information, but this we will do ASAP.

But for now, Chris has put together a basic run down of the prep that he used to help gain the mass that he did. I will also explain the basic but ACTUAL gear used but do not expect new and secret concoctions because there were none. No matter who believes what, using the basics DOES work and we have proved that.

Chris started training for the British Qualifier at Leamington Spa at around August 2003 at a bodyweight of 14st 7lbs (203lbs) then hit the bulk phase hard to come out at the end of January 2004 at a balloon headed 17st 6lbs (244lbs).

Although he achieved what he set out to achieve and put on the bulk he felt that he could only keep this weight for a short time as the extra weight truly slowed him down outside of the gym; hard to breathe, lethargic etc, but whilst in the gym the extra weight helped the BIG weights go up. So from circa February 2004 we decided that it was time for him to s-l-o-w-l-y start and trim the excess fat off but I emphasize it was done very gradually so as not to lose any muscle gained and there was plenty of that.

Throughout the training the gear that he used was as before very basic indeed. I cannot stress this enough but even though I make a point of this many times there are those that do not believe that Chris could have done what he has done on so little gear; but I will tell you that they are so wrong. I have never known anyone put so much time into their diet and as meticulous as Chris did. He slept when he felt a nap was needed and ate on time EVERY

time without fail. This included the dieting phase too, never have I seen so much dedication to such a phase and it worked.

We stuck with what we knew worked for Chris and avoided the heavy and toxic gears such as Anadrol, test suspension and methyl test. These nut case gears would not help and so we avoided them like the plague. We know what works and IF such a plan produces results we stay with it - why fix it if it is not broken!

One thing we did put more emphasis on this time was HGH. For as long as we could (financially and supply wise) we kept up the input of growth on a steady 4iu's every other day and on occasion even dropped down to a maintenance dosage of 2iu's EOD for short periods; more as a top up method and we feel this worked very well indeed. Again I MUST stress that there was no need to take the dosage higher because this IS what worked for Chris. We did not need to use insulin, DNP or heavy diuretics and would have not even considered them at any cost; said many times before, bodybuilding is good bit not THAT good. I admire my son even more for his beliefs which mirror those of my own. We would gladly stop what we do without question should we have to use these types of drugs that in my opinion bodybuilding does NOT need.

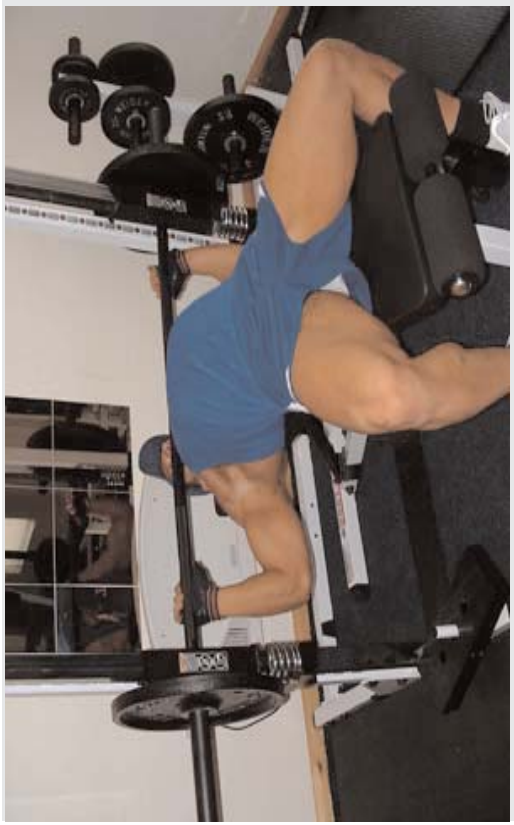
Chris Hart

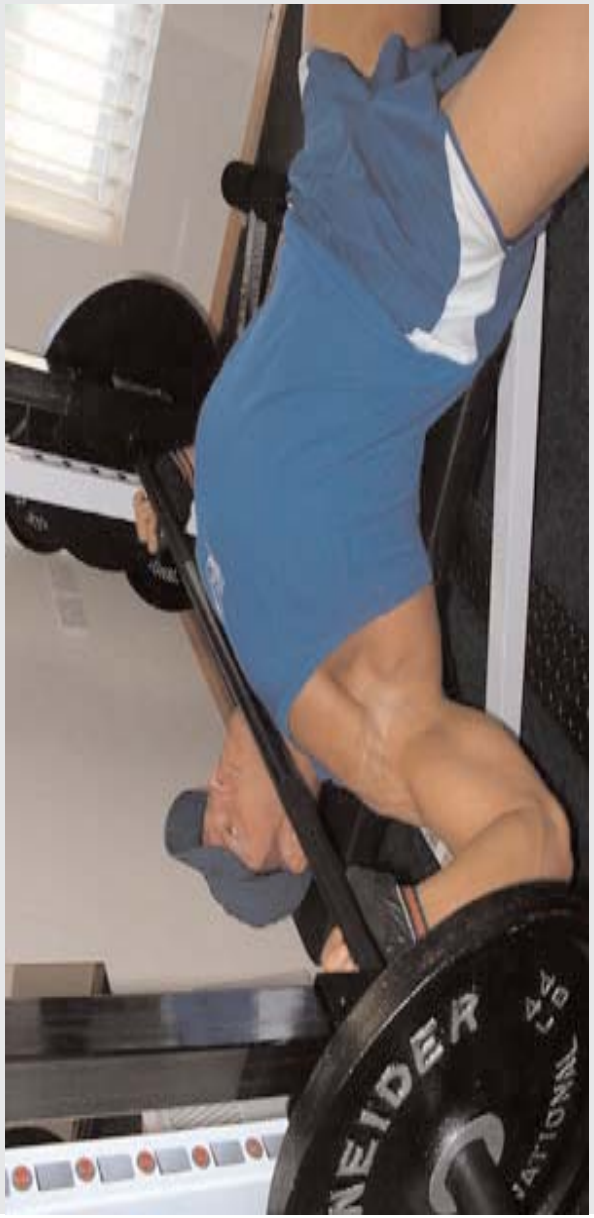
So, we stuck with the good old basics: Sustanon, Deca, Virormone, Winstrol and of course HGH. The anti-estrogens were Nolvadex and Proviron. The cycles were constructed mainly on 6-8 week but the first one or two stayed at around 10 weeks approximately; we needed to experiment and the beginning of the comp training was the time to test, not at the end. The results proved that the shorter cycles worked the best and we stuck with that throughout the whole training.
The Sustanon and Deca was injected in the same syringe every 4-5 days, the Winstrol every 3rd day and the Virormone every 4th day.
We stayed with this combo throughout the system, the pictures will tell the story of how it went and it went well.

Specialized Exercise Descriptions

by Chris Hart

BENCH PRESS





The Bench-press - incline/decline

The bench like any other exercise should be respected and given good style. Firstly make sure the bench is placed under the bar DUHH! Lie on the bench under the bar and place your hands approx 12 inches wider than your shoulder width. Now before you take the weight make sure the bench is in a central position. **DON'T** take the weight then suddenly try to readjust your self by squirming left and right trying to make your self-comfortable. Re-rack the weight and get comfy.

Slowly lower the weight toward the chest, across the nipples is the area the bar wants to be hitting whether flat, incline or decline. **DO NOT** bounce the weight on to the chest. Imagine the muscles in the arms and chest as brakes resisting the weight against gravity. 50% of the exercise is on the way down. Controlled decent is the key. On the up part of the lift drive the weight up back into an up right position.

On the way up avoid arching the back and putting un-wanted pressure onto the back of the head. This may cause strain to the back of your neck. Very important also is the breathing pattern of the lift. Inhale on the way down expanding the chest box and exhale on the drive deflating the rib cage.

DUMBELL FLYES

Dumbbell flies/flat/incline - Press/flat/incline

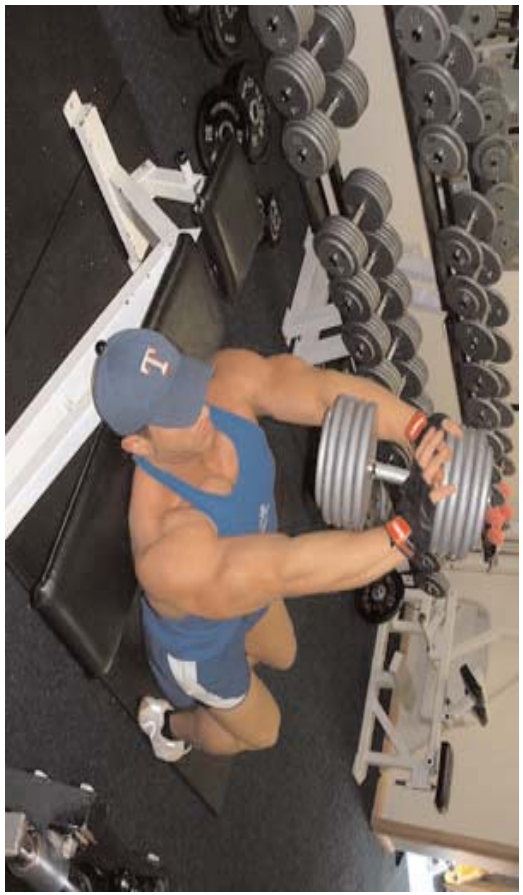
Many times have I seen people flying when actually they are pressing and vice versa. Although very similar the difference comes down to hand positioning and the depth in which the dumbbells will travel.

The fly and all its angles is the one I use more often than the press, personally I would rather bench than dumbbell press due to the fact that a fixed axis i.e. a bar allows me to move more weight, controlling weights on each arm takes considerable more control, however the benefit of using dumbbells for the press is the ability to go lower than a bar due to the chest halting descent.

The fly is a fantastic builder of chest mass and with the variations in this style, a great builder of centre development. Press the dumbbells into an upright position whilst lying back on the bench; this is your start position. The dumbbells should be vertical with your palms facing towards each other. In a controlled descent begin to lower the weights in a synchronised arc towards the level of the chest, from the bottom of the lift begin to drive the weight back to the start position. As the weight returns to the top rotate the dumbbells so that your palms face you and the weights are now in a horizontal position; squeeze and hold this for a count of two then repeat the whole process for desired reps.

The press follows the same principle as the fly but with small differences. The start position should see the dumbbells in a horizontal position at all times, and the descent and press should be a straight up & down piston type movement. Very important that the movement is straight as any arcing done whilst the dumbbells are in a horizontal position can cause damage to the rotator cuffs.

DUMBELL PULLOVERS



Dumbbell pullovers

I believe this movement to be invaluable in the entire chest development. Very rarely do I see many use it any more and is regarded as an "old school" movement but hey… if it ain't broke don't fix it!

The dumbbell pullover expands the chest box better than any exercise I know; expansion of the lungs under pressure and at the angle that the pullover is executed develops not only thickness in the chest but development of the Intercostals, abdominals, lats and front delts.

Start by lying across a flat bench. This is easier if a partner can pass you the dumbbell but if you train solo place the weight on its end at the end of the bench, once you are in position lean across and lift the weight onto your chest then push it up to the start position. Lay on the bench so your delts and head are both in contact, by keeping your head on the bench prevents the weight going to low and causing hip lift, hip lift inhibits isolation of the target area. Begin to lower the weight in a controlled manner keeping a slight bend in the elbows, as the weight approaches head level begin to bend the elbows further. Inflate your lungs and allow the weight to descend as far as possible whilst keeping your hips down.

IMPORTANT NOTE: Make sure the plates on your dumbbell are tightened BEFORE you begin this movement!

CABLE CROSSOVER

Cable cross - High & low

An exercise I am a big believer in for overall development and particular pec/delt tie in. The cable cross machine is an invaluable machine that can be used for many areas of the body as you will see especially in shoulder movements.

As weight increases whilst using this machine, it is important to find assistance in getting the weight to the start position. Seeing for myself how people start and finish with this machine by wildly snatching and throwing themselves into the movement then at the end allowing the weight to fall whilst being in a crucifix position can quite easily tear a pec or delt, either will leave you out of the game for many weeks. The start position should have the shoulders, triceps and elbows in a straight line with elbows bent at a 90degree angle and the handles at about chest height. Slightly bend at the waist at about a 45degree angle and place your feet one in front of the other for stability. Begin to drive the handles down to groin height until they meet and hold for a one count. It is vitally important at this point to control the weight back towards the top. As you reach the starting position allow the weight to take your shoulder blades back and get a full stretch at the pec/delt tie in. Repeat for desired reps.

If you have low pulleys on your cable cross (most do) then development of centre and lower pec can be achieved from this alternative cable method. Standing upright and proud of the base pulleys (this will position your hands slightly behind you) with one leg in front of the other and a bend in the front knee, Drive the weight by bending the elbows first and begin to bring the handles up towards and out in front of your face. I find keeping the palms facing up at all times and pushing the biceps against the edge of pecs gives that extra pump.

Pec crunches

A frown is the first thing I usually see when this exercise is mentioned to any one, however if its centre chest development and separation your after then look no further. This movement is very short and very simple but comes with huge results.

Take a heavy dumbbell; something that you would shrug with will be substantial and place your other hand, with fingers splayed, in the centre crease of your chest. Start with the dumbbell at your side. Keeping it close to your body at all times begin to swing the weight to your front and slightly lifting the delt so that the chest is squeezed against your spread fingers. Swing the weight past the starting point towards your backside and get a full stretch in the chest. Repeat with other arm to complete a set.

WIDE GRIP PULLDOWNS

Lat pull downs to front & back

For a muscle group as large and as diverse as the back, many angles of movement are required for positive back development. The lat pull down is a fantastic machine that provides many angles of attack. The standard wide lat bar attachment is my preferred tool during this exercise, however there are other tools you can use such as the straight or bent spade handle bar, the straight bar and V bars; using an array of different attachments allows us to keep the muscle guessing and forcing development. So if you have them available to you use 'em!

As illustrated I will be using the more commonly recognised lat bar. Take a wide grip. The bar is bent at the ends as an indicator to where you should be gripping it is also bent this way to provide natural movement during the exercise. Adjust the thigh pads so you are sat comfortably and locked into position. Begin to pull the bar to either the top of the chest or behind your neck. At the bottom of the pull try and get as much contraction as possible by squeezing your shoulder blades together, on the return allow the weight to descend under control and get the maximum stretch out of your back as you can. Then repeat for desired reps.

Pulling the bar to the front (top of the chest) or to the rear (top of the trapezius) hits pretty much the same areas of the back however, pulling the weight behind the neck, as I prefer, requires strict form due to the straight back which it demands. I also feel a far greater contraction is felt in the rear delts using this method over its opposite movement. On the flip side pulling to the front may allow you to move a little more weight. I always err on the side of form however on those days when you feel stronger try taking the bar to the front; allow a little swing in your back to help up those poundage's and overall strength gains.

HIGH PULLEY ROWS

Base pulley row

Like the lat pull down machine the wide variety of handles can also be utilised on this piece of machinery. My first choice has to be the V-bar attachment. The base pulley row is a machine I like to pull serious poundage with and the V-bar allows me to do this. Although I do use wider grips on this machine occasionally my preference lies with moving weight during this movement, I wider grip just doesn't cut it.

Set your feet on the footplates, take the bar and except the weight by pushing off with your legs. Leave a slight flex in your knees, this is very important! Your back should now be in an upright position with your arms out stretched. Allow the weight to descend under control leaving your knees flexed and bottom in the same place DO NOT shuffle forward. Allow your back to bend forward at get a full stretch. Using you back begin to drive back into an upright position keeping your arms out stretched, then in a fluid movement as you become upright pull with your arms whilst expanding and pushing out your chest. Try and get as much contraction in your back as you pull in the weight by squeezing your shoulder blades together. Allow the weight to descend under control then repeat.

High pulley row

An alternative for those with lower back problems due to the lack of lumbar rounding but overall a fantastic movement for the whole development of the trapezius and lats and one of my favourites!

Set up the lat machine with a V-bar attachment and an extension cable or chain. Select your weight. Take a good grip on the bar and place one foot on the seat pad, begin to lower yourself to sit on the floor then place the other foot against the edge of the seat so your legs are now elevated and you have a slight bend at the knee. Due to your low body position your starting point already is providing you with the weight at a fully stretched position. Begin to pull with your back to just past upright then as in the base pulley row pull with your arms getting full contraction in the centre back. Allow the weight to return to the start position under control.

SINGLE ARM ROWS

Single arm row

This is a movement that I truly believe in for the development of a thick back. I use it more extensively during the run up to a show, the reason for this like any other single arm movement it requires double the effort to complete one set, increasing the workload by increasing repetitions is the way to shape and chisel a competitive physique.

Taking only one dumbbell and a bench, position yourself by placing either your left or right hand and knee on a bench. The leg that is on the floor should have a slight bend in the knee. With your free hand take the dumbbell and lift with your back keeping your arm straight. Begin the lift by keeping the weight close into your centre of gravity and hauling it up so your shoulder and elbow are now in a horizontal position. Begin to lower the weight under control and allow maximum stretch of the back. Do not allow the weight to hit the floor the finishing position should mimic your start height.

Bent over / T-bar row

This exercise is in essence the same as a T-bar row however I don't have a T-bar available to me so the theory of "adapt and overcome" had to be applied.

Take a straight bar loaded only at one end and place the opposite end in the corner of a room or anything that can provide a secure 90 degree corner. You will also need a spotter to place his foot on the bar to make sure it doesn't come out of place and hit you straight in the balls! Now take a V-bar attachment and place it under the bar butt up to the plates. Hey presto a close grip T-bar. If you do have a fixed T-bar available to you then ignore the bastardised method just mentioned J

Stand over the bar so it runs vertically between your legs, take a firm grip of the handles, head up back straight and with flexion in your knees take the weight by straightening your legs but leaving a slight bend. Begin to row the weight up to touch your chest. Expanding the chest and meeting your shoulder blades together at the top of the lift begin to then lower the weight under control whilst always keeping your back straight and head up. Try not to let the weight hit the floor, get a full stretch of the back then repeat for desired repetitions.

SMITH SQUATS

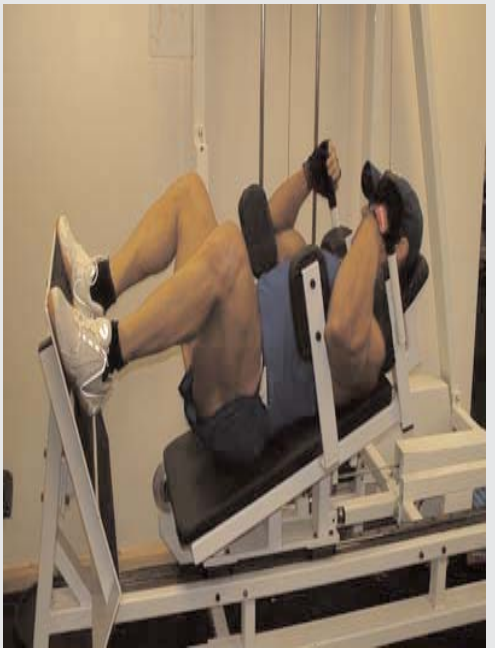
Squatting: wide, narrow and standard

Whether your squatting using a rack or Smiths the principles of the movement is the same however free squatting does require an extreme attention to detail for the lack of stabilizing features. Walk under the bar and get settled with the bar laying across the traps NOT the back of the neck. As you take the weight you should be straitening your legs to accept not standing on your tip toes to release the bar of too high a peg, stretching will leave you off balance. Your leg positioning is all dependent on the area of the legs you are wanting to hit, taking a very narrow stance will predominately hit the front of the quad, a wider stance with your toes pointing out will favour more towards the inside of the leg, finally a stance between the two will bring an equal balance of development. All the foot positions should be used and cycled to the best advantage. Squatting ultimately is a fantastic if not the best exercise for entire leg development used correctly I feel there is nothing to touch it.

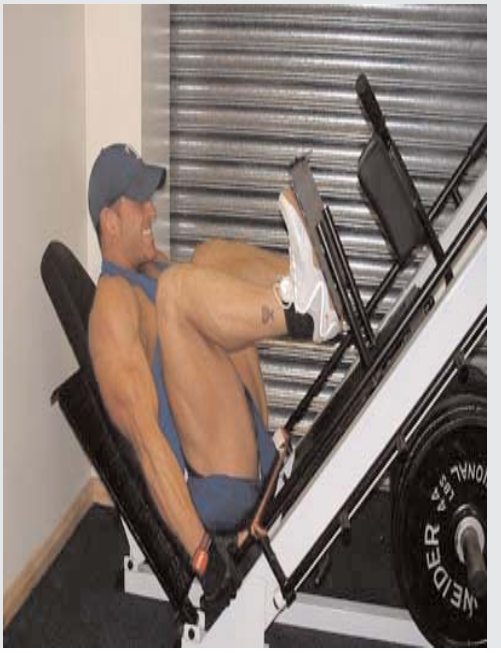
Depending on how supple your Achilles are all depends on how low you can go in your squat, at no point should your heels leave the floor; if at the bottom of your previous squats you have noticed this happening you should have a block of some sort under your heels to provide a full surface area for your feet, this will aid in stability and extra drive.

With a straight back and looking forward at all times begin to make a controlled decent. The lowest point you go all depends on your suppleness but at no point should you bounce at the bottom. The increase of weights in this exercise is generally quite quick however the knees don't necessarily get stronger proportionately to the rest of the legs, bouncing at the bottom can easily rupture and tear ligaments. Now the drive back up to the starting position should be as controlled as the descent keeping the head up and back straight.

HACK SQUAT



LEG PRESS



Hack squat

A great alternative to those with problems squatting, due to the back support this machine virtually eradicates lumbar problems. Hacks vary in design most look very much like a leg press placing your feet where you would have sat, the one illustrated in our gym is a flat hack, not as direct due to lack of body weight being pushed but still very effective.

The idea with the hack is to vary your feet positioning, as you would do with regular squats, hitting multiple angles for maximum development, the same feet positioning during squatting will have the same effect on the leg as on the hack. As far as the movement is concerned the machine is self-explanatory. PUSH THE DAM THING

Leg press

A pure power movement for development of all the legs muscle groups however favouring more towards the quadriceps. Some prefer pressing to squatting and vice-versa but if you can utilise both methods of development then huge legs will be yours.

Pushing freaky amounts of weight on the press is what attracts people towards the press over the squat, the reason for the weight increase is due to not having to push you own body weight plus being seated in a locked position provides isometric drive.

The press is quite self-explanatory, sit and push…well with a few notes to mention. Foot positioning is very important and should be varied to maximise leg development, feet high on the plate, extra wide and toes pointing out, however always make sure your feet are wider than your chest failing to do this will hinder your breathing pattern on the bottom of the press due to your knees reducing chest inflation. Go only as low as is comfortable, try to avoid rounding the bottom of your back, you can achieve this by getting the descent of the weight just right in relationship to your leg length.

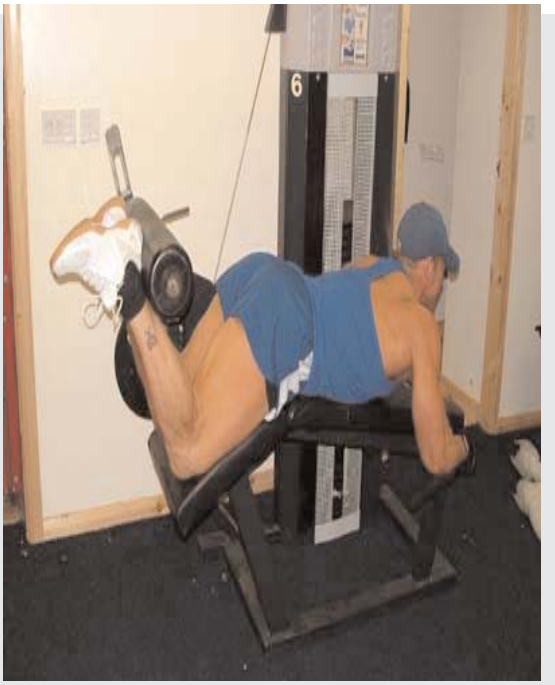
LUNGES

Walking lunges

If you have room available in your gym MAKE USE OF THIS MOVEMENT!! I can say NOTHING leaves my glutes in more pain than this exercise. The beauty of walking lunges is the natural opposite force it creates in relation to the quads, hams and glutes.

Start with a straight bar loaded to your comfort. Don't expect to be pushing squatting weight here as most of the force will be imposed on one leg at a time, form is the key. Stand with a clear run of at least 5 long strides ahead of you. As you take your first stride keep your head up and back straight and make sure the whole of your front foot is on the ground. Begin to bend the front knee and lower your back leg almost to the floor, try to avoid banging your back knee as this may throw you off balance. As you begin to stand drive forward with both legs keeping all of your upper body vertical and when both feet are back together repeat with the other leg. Repeat until you get to the end of your run, turn and return to your start position

THIGH EXTENSIONS



LEG CURLS

Leg extension & Leg curl

Where as squatting and dead lifting effects the entire leg and many other muscle groups within the body the leg extension & leg curl machine provides 100% localised development of the quadriceps and hamstring muscles. Used in conjunction with a variety of different movements, leg extensions and leg curls are a must for me in my leg routine.

Both machines are very simple to use and pretty self-explanatory. The machines in your gym maybe similar to the ones illustrated or you may be more accustom to a seated leg curl which ever you have the exercise is still the same.

With regards to both machines make sure that the seat and ankle pads are set to your dimensions. For the leg curl the leg pad should be comfortably placed at the back of you ankles at the start of the movement, failing to do this will prevent you from being able to get full contraction at the top of the lift. The leg extension ankle pad should sit on the top of your feet and the back rest should be flush up to the base of your back, failing to set the back rest correctly will allow you to swing your body weight and sacrifice form.

DEADLIFT

The Dead lift, stiff and sumo dead's

Used to mainly develop the lower back and hamstrings most people fail to realise that the dead lift is a pure power movement that not only increases over-all strength but also affects the entire muscular system, used effectively the dead lift as well as squatting can aid every body part.
Great respect should be practiced with this movement as with any exercise but due to the huge burden placed on the lower back heed this advice.

Take a straight bar with desired weight and place on the floor. Approach the bar with your feet at shoulder width apart and toes pointing at 10 and 2. Your shins should almost be touching the bar. Take a wide grip approx 8 inches wider than shoulder width. To get the most out of your lift before your grip gives out take a locking grip or over/under grip, and for even more use wrist straps. A lot don't like straps but if using them means that you can lift an extra 50lbs a side then so be it. Now lower your bottom into a sitting position. Keeping your arms straight and tension on the bar begin to drive the weight keeping your head up and back straight, once in an upright position slightly hyperextend the lower back. Make a controlled descent keeping head up and back straight and a slight bend in the knee. Try to repeat the next rep just before the weight hits the floor.

Stiff dead lifting is primarily used to hit the hamstrings although the lower back will be hit also. This movement should be executed with lighter weight due to strain to the knees. The start and finish to the lift is the same the difference is during the repetition. Once in an upright position begin to bend at the waist keeping your head up and back straight, keep your legs straight and bend low enough to feel the contraction in the leg biceps.

The sumo lift is just like a regular dead lift except for the foot position. Take a very wide stance and point the toes out 10 and 2. The sumo will hit a lot more leg bicep than a regular dead but due to the fact that you have flex in your knees the lift is much safer with a heavy load.

VARIED CALF PRESSES

Seated/Standing calf raises & Calf press

The two main pieces of equipment I use for my calf development. Both hit the same area but with slight differences in form.
The seated calf directs strain straight to the target area as you will see due to the difference in weight being pushed, due to the fact that being seated the only muscles you have available to push the load are the calves them self, a great developer of all three muscle groups.

The standing calf press is another great machine, although not as direct the machine does allow for variety in the movement. By varying the foot positioning within your set range each area of the calf (Soleus, Plantaris, Gastrocnemius) can be targeted.

To achieve a satisfying pump with the standing raise considerably more weight will be needed due to the involvement from the entire leg. Avoid shrugging the weight at the top of the lift with your delts, remember this is not the area we are trying to develop also keeping a straight back is important, AVOID HYPEREX-TENDING!

The third of three calf movements I like to use is the calf press. I will explain in detail here how I like to use all three-calf movements together and the differences I use in each for the complete package.

The press is the last movement in a cycle of three I use for overall development and it is the only movement I use through its entire range of movement. Set yourself in the press as you would if you were about to leg press. Bring your feet together on the footplate then slide them down so that only the balls of your feet are in contact. Push with your toes, take the weight and release the hand locks. From this tiptoe position slowly begin to lower the weight. The descent part of the movement is primarily hitting the muscle in the front of the shin (Tibalis anterior); allow the weight to descend as far as is possible. IMPORTANT! On the descent make sure you have enough area of your feet on the plate to keep control, if the plate was to slip of your feet the consequences could be catastrophic! Drive the weight back up to the tiptoe position.

The seated and standing raise I use together as a superset. I only use partial repetitions in these two movements but together they provide complete range. Seated movement = bottom to middle, standing movement = top to middle, calf press = top to bottom. Very fast short repetitions pre-exhaust the area to finish with a full range movement from the press

SHOULDER PRESS

Press Behind Neck

A great power and size builder or a pain and tear jerker. Are you doing this correctly? Let's walk through it. Firstly assess the weight your using, I cannot stress enough the need for technique and style over the weight that you're using. Sit under the bar very slightly forward and place your hands on the bar. Your grip, if you can see in a mirror, should show that your forearms should be completely parallel to each other. A lot of people I have noticed press with there grip too wide, this puts the wrists in an awkward angle which in turn will lead to other injuries. The exercise all the way through should show the forearms in a parallel position, plus the closer the arms to your centre of gravity the stronger you're press. Take the weight. Slowly in a controlled manner as in the bench press, lower the weight but this time to the back of the neck. I mentioned earlier about sitting slightly forward of the bar, this is so your not dropping your head forward to get the bar to the desired position. How many times have you hit the occipital bone (the lump on the back of your head) and wanted to rip the machine to pieces? I know I have. DO NOT bump the weight on the back of your neck; damage to any of the vertebrae here could put you out for good! Drive the weight back up to the up right position just before your elbows lock and keep your back straight at all times.

The same exercise can be done with dumbells. I feel that you achieve a greater stretch and contraction when performed like this. Both barbell and dumbell hit the whole delt area when performed properly.

LATERALS

BENT OVER LATERALS

Front raise

This can be done standing or sitting. Sitting it is a little more concentrated due to the lack of swing that can be generated. Take two dumb-bells and let them hang at your side. Start with either left or right arm and lift the weight with a straight arm up to about 110 degrees then slowly back to the start position, repeat with the other arm.

Lateral raise

Standing or sitting. Take a pair of dumb-bells but this time the exercise is done with both arms. Raise the arms to a horizontal position (90 degrees) keeping the arms straight at all times. At the top of the lift turn the dumbbells inwards as you would pour a jug. There are a few variations of this exercise but this is the core foundation of the movement.

Rear lateral raise

The method I feel the best for this is to find a soft surface like the top of an incline bench to rest your forehead on so you can bend over at a 90-degree angle. Take two dumb-bells now place your head on the surface e.g. the bench. Start the lift with the shoulders then lead with the elbows but keeping the weights pointing towards the floor. At the top of the lift snap the shoulder blades together to really pinch at the rear delts. Slowly control the weight back to the start position. Don't let the weight just drop, REMEMBER your head is resting on a bench; you don't want a snapped neck!

REVERSE SHRUGS

DUMBELL SHRUGS

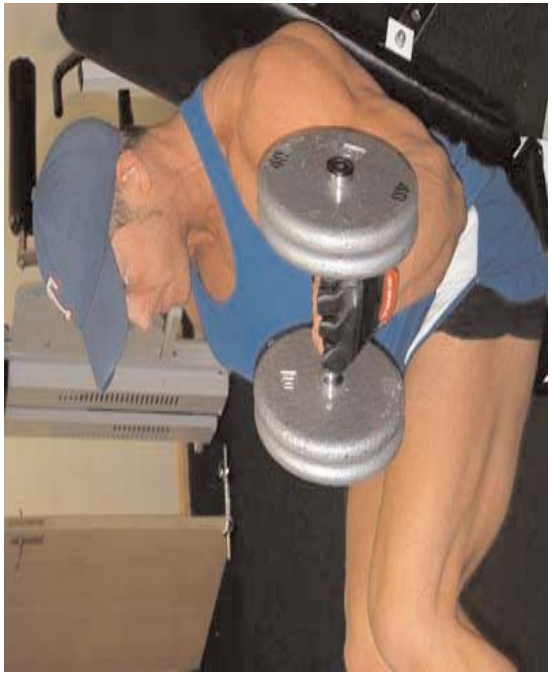
Reverse Shrugs

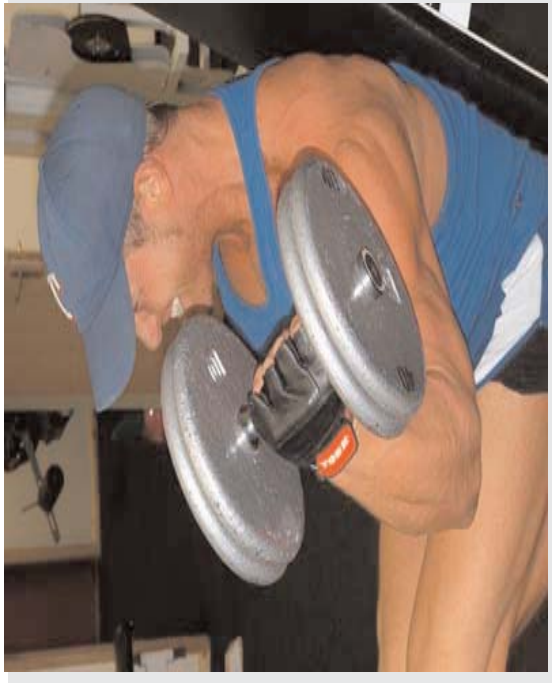
The picture explains the basic movements but what it does not explain is the fact that you will not be able to lift the bar more than a few inches and it will feel as though not much muscle is being brought into play, but it is! Stay with it and crunch as hard as you can, this exercise is rarely used, use it and see the diffrence. My Dad taught it me years ago and I thought he was a nutter, still do, but the man knew it would work. Thanks Dad.
I recommend that you warm up the area as much as possible before or stick the movement at the end of a shoulder workout to avoid cramping.

Dumbbell Shrugs

The good old good old is DB shrugs. Simple movement but remember when you raise the shoulders, raise them HIGH and slowly rotate BOTH ways to ensure a fully trained movement. Work the weights up gradually so that you can ensure a full range of movement.

ALTERNATE DB CURLS





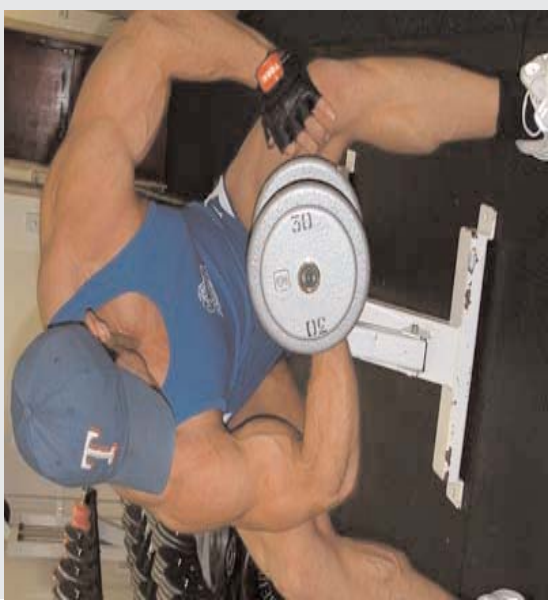
Alternate-dumbbell curl

To achieve a strict good clean style, this exercise should be done on an incline bench set slightly off vertical. The weight you use is all down to your personal strength and the amount of reps you are looking to achieve. Ultimately the more swing you put in the movement is an indication of over weight, this should be substituted for style.

Begin the movement with both dumbbells hanging at your sides and your back against the bench. Hang the dumbbells at your sides with the back of your hands facing front. Start the movement with either arm. As you begin to lift the weight start to rotate the dumbbell 180 degrees. At the half waypoint of the movement continue driving the weight up to shoulder height; at this point begin to turn the weight away from your face.

The reason for this unorthodox movement is to take the bicep through the whole range of movement. A regular curling movement for example during preacher & barbell curl is a great builder that allows you to use more weight however with a single arm movement as in the alternate curl a greater number of angles can be hit rather than up and down. Keep the muscle guessing and reap the rewards.

CONCENTRATION CURLS



Dumbbell Concentration Curl

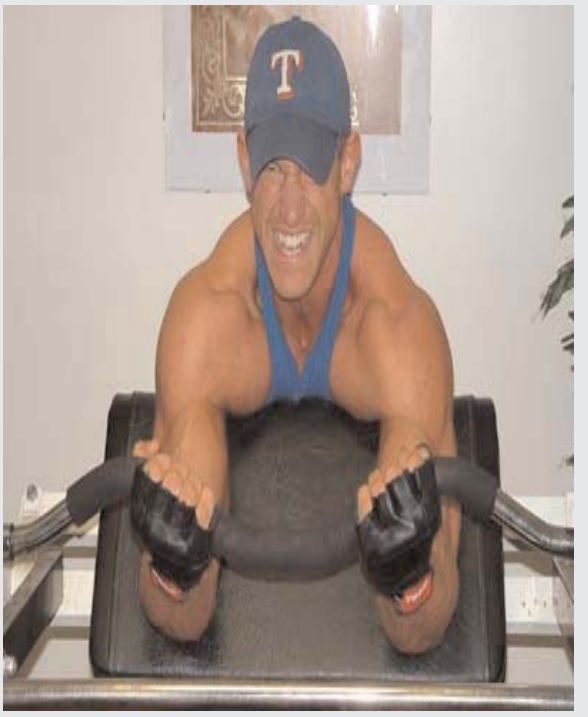
An isolated movement for peak and condition, used throughout the mass building period at the end of training for an awesome pump used more constructively for shaping during competition prep.

The movement is done one arm at a time and I always find it easier sat e.g. at the end of a bench. Take a dumbbell and place it on the floor in between your legs. Place the elbow of the arm your starting with against the inside of your knee, this stops the ability to swing the weight. Now begin to curl the weight. As the dumbbell becomes level with the opposite knee then and only then begin to take the weighted elbow away from the knee and squeeze for a count of two then make a controlled descent back to the start position. Repeat the process with the other arm.

Zottman & Hammer curls

A similar movement to alternate dumbbell curl apart from the twisting. This movement affectively hits the forearm running from thumb to bicep (Bracioradialis) and outer bicep (Biceps brachii).

The Zottman curl will allow you to use more weight out of the two due to the fact that the weight is curled across the chest and closer to the centre of gravity. The hammer curl is curled out in front of your body keeping the hands in a "hammering" position.



PREACHER CURLS

Preacher curls (machine or free weights)

This is all down to what is available or most comfortable to you, however you may find that free weights hit the biceps better in your opinion. I personally don't have a preacher bench available but I do have a machine. The principle however is still the same.

The beauty with the preacher bench is the strict style that it provides. With either machine or free bench it always helps for a spotter to give a hand to take the weight from the bottom to the start position at the top. Place your hands approximately shoulder width apart, if it is a machine you are using, the bar is usually augmented for the hands. Keeping the arms from the armpit to the elbow on the bench, begin to lower the weight in a controlled manner to just before total extension. On the lifting part of the movement do not throw the hips forward to generate swing; the idea of the bench is keep the movement strict.

A variation of the preacher curl is called "21's". These are generally used for conditioning during the split day training. The weights are lowered and 21 reps are executed quickly in multiples of seven. From top to middle, middle to bottom, then top to bottom. A huge pump can be achieved with this form of preacher.

Single arm curls

I use this exercise only really during comp prep (am/pm split), the idea is to use more singular movements during this time as one set is split into two creating more effort thus helping in fat loss.
Single arm curls can be performed on a preacher bench or as I prefer, stood up, using the top of an incline bench. The theory of the exercise is exactly the same as preacher curl, keeping the arm from pit to elbow on the bench at all times and making a controlled lift and descent.

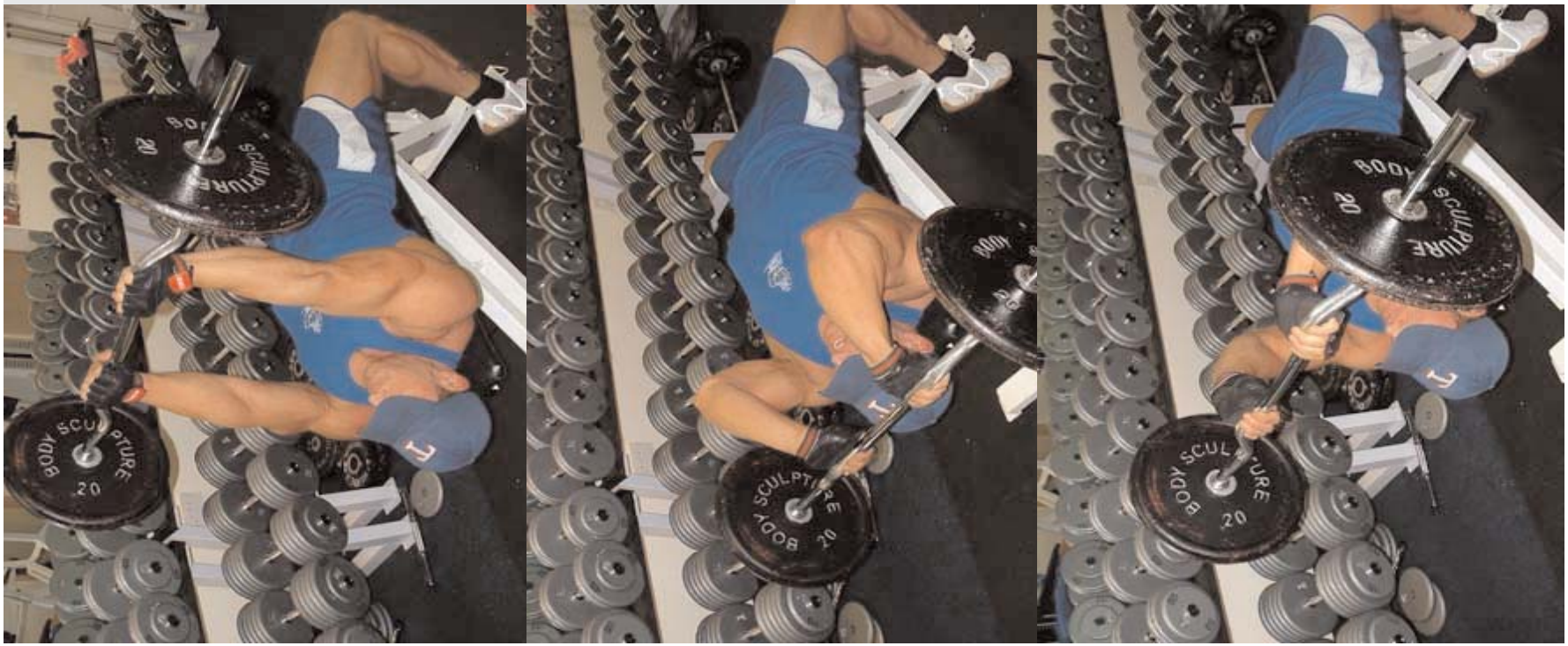
HIGH POSING CURLS

High lateral curl / P.U.S - posing under stress

If bicep peak development is what you're after then look no further than this exercise. Not only does it aid in developing pyramid biceps but also the movement mimics the front double bicep, a mandatory pose in bodybuilding competition. Posing under stress develops a muscle by using movements that will be called upon you during competition, if you can hit a front double bi using weight you will certainly get the best from your arms on show day.

Using the high pulleys on a cable cross machine, take the handles and stand centred stretching the arms out with palms facing up. Begin to curl the weights bringing your hands towards your temples, when you are in the front double bicep position squeeze the
Biceps for all their worth and return to the start position in a slow controlled manner.

SKULL CRUSHERS



Close grip press

In my opinion this is the most effective mass building movement of the triceps available. The close grip press is a lot like the traditional bench-press in its fundamentals the only change is the hand positioning.

The positioning of the hands is crucial, too close, excessive strain will be put on the wrists, too wide and the movement becomes a poor bench press. Place your hands on the bar so that the arms are perfectly parallel to each other, this will aid in keeping your elbows locked at your sides during the descent (very important so the press is direct). Lower the weight in a controlled manner so the bar is hitting across the solar plexus, drive the weight back up to the start position keeping the elbows as close to your sides as possible.

Prone triceps or SKULL CRUSHERS

To effectively perform this exercise an e-z bar is recommended, however a straight bar will suffice if that is all that is available to you.

Lying on a bench hold the bar above you in a pressing manner. Your hand positioning should be at approximately shoulder width apart. Now keeping your arms vertical from the shoulder to the elbow begin to lower the weight towards the forehead in a slow and controlled descent. Drive the weight back to the start position just before the elbows lock out and repeat. Lock the elbows only if a short pause is required, this way the tension is constant.

DUMBELL EXTENSIONS

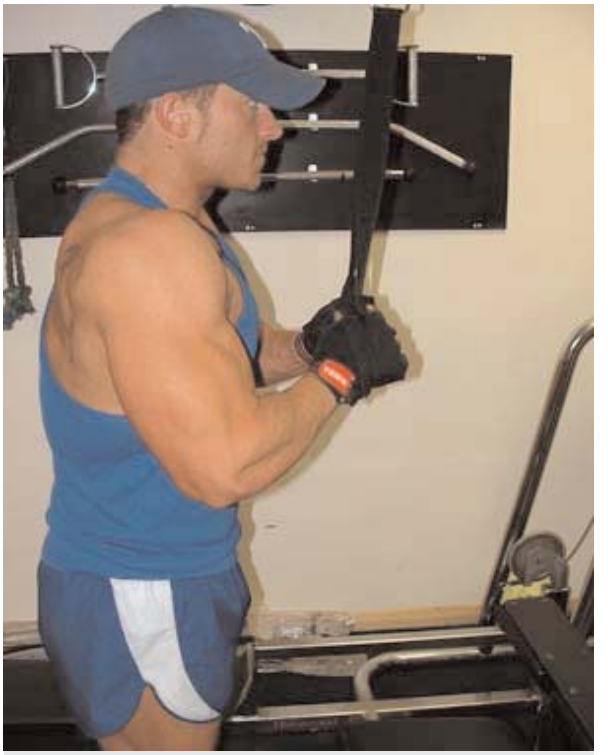
Single arm triceps extensions

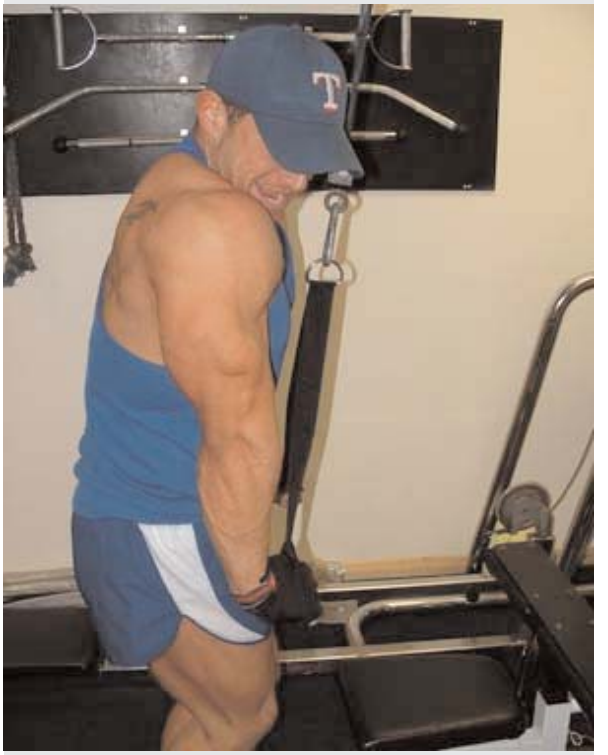
I use this movement through out my whole training regime whether bulking or conditioning; it's just such a great movement!

This can be done stood or seated; I personally prefer to sit however it's all down to your own preference. Take a single dumbbell and start with the weight above your head. Until you get used to the movement, support the elbow of your weighted arm with your opposite hand, this will aid also in style. From this point slowly lower the dumbbell towards the back of your head by bending at the elbow, keeping the arm from the shoulder to the elbow vertical. Drive the weight back up to the start position. Repeat with the other arm to complete a set.

Dips

Primarily a triceps movement but can be used very effectively in the development of the chest, a movement I introduce regularly to stimulate growth.
For maximum benefit a dip station is required however dips can be performed of the edge of a bench if a dip station is not available. I personally will use both methods depending on the slaughter I have imposed on my triceps previously.





DB KICK BACKS

ROPE PUSHDOWNS

Triceps Kickbacks

This is a movement I generally use during the conditioning period of the season, however I sometimes slip these in just to mix up and add a little variety to the workout. Fantastic for separation and as it is a single arm exercise it also aids calorific burn during the two day split.

This is a versatile exercise that can be effectively executed on both machine and free weights; I personally prefer the free weights but again it's down to your own preference, fundamentally the movement is still the same.

I find using a bench to place one knee and hand on as in a single arm row aids in the execution of this movement. Start with dumbbell at your side and with almost all triceps exercises keep the elbow locked into your side. Now as the name explains kick the weight out so that the arm becomes straight, then bring the weight back to start position in a controlled manner. Repeat with other arm to complete a set.

If you choose to do this on a machine then ideally one side of a cable cross is perfect, other than that any high pulley will achieve the same goal.

Triceps pushdowns

I used to do these with a curl bar attachment but after time and experimentation I have found that performing this movement with a rope or padded straps as I use, has given far more pump due to further range of movement.

The idea with this exercise is to imagine the elbows bolted to your sides and no way can they be moved. This will directly hit the triceps and not let up on the area till the set is complete.

The exercise is performed on any high cable pulley machine; lat pull, cable cross etc. Stand facing the equipment and take the attachment you have available, bar or rope (if using a bar place the hands as close to the centre as possible). Drive the bar or pull the ropes down so the arms are extended and contraction in the triceps is felt. At the bottom of the pull, if using a rope, kick the hands out to your sides and squeeze the triceps for a count of one; if it is a bar that you prefer at the bottom extend the fingers straight down and hold for a one count.

LEG RAISES

CABLE SIDE CRUNCHES

Leg raises

A core abdominal exercise that I believe everybody will have tried at some point in his or her training. Predominately to target the lower area of the mid section the leg raise does develop the entire area.

Lay on an incline bench, I personally prefer an incline bench for my method of the exercise. Sit on the flat seat of the bench and brace your self with your hands in a high position, doing this will naturally stretch your midsection. Bring your knees towards your chest whilst bringing as much of your back off the bench as possible. Begin to lower and straighten your legs on the descent and allow them to come as close to the floor as possible keeping tension on the mid-section at all times.

Cable crunches P.O.S

Another movement I can class as posing under stress. Although whilst performing this exercise it doesn't totally resemble the side oblique pose it is similar and does call upon the same area.

You can use any high pulley available Illustrated I am using the lat machine. Take a single handle attachment and stand side on to the machine. Pull the handle to your temple and take a little side step so you have some lateral tension. Bend down at your hips towards the machine keeping the handle at your temple. As you begin to straighten up keep the handle in position until straight then allow it to rise up just past your head. On your next rep pull the handle down towards your temple, bend blow out all the air in your lungs and SQUEEZE!

Torso twists

This is a great way to warm up the mid section before an onslaught that provides direct pressure. Many that perform this exercise perform it totally wrong by twisting way too far, the idea is to just localise the twist to everything above the waist NOT below it, and sitting on the end of a bench will practically eradicate twisting below the waist. All you need is a straight bar or a simple broom shaft. With each twist blow out all of your air and squeeze.

STALLONE
CARDIO

Cardio

During the final months of contest preparation CV training is one of the most crucial aspects of your training to get right. To little will leave you dieting like a madman to get into shape sacrificing months and years of hard earned muscular gains; to much and the same end result applies.

The type of cardio training you choose is very important. Its not just a case of getting on a treadmill and running for 20 minutes (as I have been guilty of) and thinking that is enough just because you are out of breath and covered in sweat. The amount you sweat and your breathing pattern are poor indicators of your progress towards excess fat loss. The idea is to get your heart rate up to a continual working rate and maintain it there for duration of time; this will cause your body to turn on to its fat reserves for energy. Short runs will make your muscles burn, raise body temperature faster and increase your heart rate quicker making you think and feel you are shedding pounds. By using this method you demand more energy for your body, the only place your body can obtain energy at this high rate is from your food by converting the available carbohydrates in your system to glycogen. With the drop in available energy from your food you will become hungrier this is a natural reaction to being energy depleted this can be a problem especially when approaching the final weeks of your diet. With the increased need for oxygen and the rate at which it's being burnt increases the lactic acid build up in your muscles, this can result in cramps during weight training and no one wants that.

The best optimum time to act for weight loss is first thing in the morning before any breakfast has been consumed. At this point in the day your energy reserves from food should be at their lowest point IF you have tapered your carb intake throughout the day.

I personally vary my cardio to several forms to keep the monotony at bay. I find walking on a treadmill for 45 minutes VERY boring although it is a very effective. If walking is your preferred method I suggest getting a portable TV to watch or take the dog outdoors for a walk the scenery fresh air and varying terrain can be far more beneficial.

Bag training is another favourite of mine, not only is it a great way to get rid of pent up frustrations and to blow out the cobwebs but a fantastic fat burner. It is important to stress that wailing away at the punch bag with all manner of kicks and punches for 3 minutes until you can't breathe and covered in sweat is not the way to go doing this will leave you with the same results as explained with the jogging.

Cardio cont.

This is the method I use to gradually bring up my fitness level and intensify my weight loss closer to the show.

After 30-minute walk
12 weeks out:
10 x 1 minute rounds
Rest period 45 seconds
8 weeks out:
10 x 1.5 minute rounds
Rest period 45 seconds
4 weeks - 2weeks out:
8 x 2 minute rounds
Rest period 60 seconds

Two weeks before the show I take out the bag work just to reduce any injury possibilities.
Playing music with a regular beat in the background is a great way to keep your timing and interested during your workout. Alternate punches high and low, left and right and bob and weave. DON'T go hell for leather, simply kick and punch at 50% power and continually move around the bag. Stay warm, stay sharp, keep moving and burn fat.

Training for Mass
by Chris Hart

MONDAY - CHEST
Single body part

Cable cross x 4
Rep range 10 - 12
1 x warm up set of 25 light reps.

Incline fly x 3
8 - 10
start high reduce angle with every set

Pec deck x 3
8 - 10

Incline press x 3
8 - 10
start high reduce angle with every set

Dumbbell pullovers x 3
5 - 6
Heavy as possible

TUESDAY - DELTS & QUADS

Upright Rows x 4
Rep range 10 - 12
1x warm up set @ 25 light reps.

Press behind neck x 3
8 - 10

Down rack laterals x 3
8 - 10

Db Front Raise x 3
8 - 10

Leg extension x 4
Rep range 10 - 12
1 x warm up set of 20 light reps

Leg press x 4
8 -10

Squat x 4
8 -10
Vary your feet position and depth of squat (See descriptions)

WEDNESDAY - BACK & CALVES

Lat pull downs x 4
Rep range 10 - 12
1 x warm up set of 20 light reps.

V bar pull downs x 3
8 -10

Bent over row x 3
6 - 8

Single arm row x 3
8 - 10

{Seated raise x 4}
Superset 15 - 20
bottom to middle fast reps

{Standing calf raise x 4}
15 - 20
middle to top fast reps

Calf press x 4
15-20 full reps

THURSDAY - TRICEPS & HAMS

Rope pushdowns x 4
Rep range 10 - 12
1 x warm up set of 20 light reps.

Single arm Ext x 3
10-12

Close grip press x 3
8 - 10

Skull crushers x 3
8 - 10

Good morning bend x 4
Rep range 10 - 12
1x warm up set of 20 light reps.

Leg curl x 3
10-12
Stiff leg deads x 3
6 - 8
reasonably heavy here, vary lifting style (See descriptions)

FRIDAY - BICEPS, ABS & CALVES

Alternate Db Curl x 4
Rep range 10 - 12
1 x warm up set of 20 light reps.

Preacher curl x 3
8 - 10

Hammer curlx 4
6 - 8
2 sets each of hammer and zottman (See descriptions)

Cheat curl x 3
6 - 8
Heavy as poss. Not too excessive with the swing (See descriptions)

{Machine Pullovers x 3}
12 - 15
Superset

{Leg raises x 3}
20 - 25

{Standing raise x 3}
Superset
repeat Wednesday

{Calf press x 3}

I devised this routine to work hand in hand with the bulking diet and AS intake at this stage. The five-day system allows for a complete spread across all the muscle groups with the option of doubling up on certain areas. You may also notice that the only day where a single body part is hit is on a Monday this was for two reasons:

(1) Monday has always been a trying day for me as you may also appreciate, getting over the weekend and starting to hit the gym again after a two day rest can be daunting, so to get the most from myself and to drop into the right mind set for the rest of the week I only concentrate on one area.

(2) The second reason was that my upper chest was an area that needed slight improvement, as you can see all flat work was taken out of the chest workout to help develop the upper chest and front delt. By over compensating on the incline more drive is required from your delts, in particular the front; in return the upper chest is brought along for the ride. With each set begin to drop the incline of the bench to reduce the amount of stress on the delts. To some, training chest without flat benching will seem very alien but this period is where you have the time to look and reflect on what is needed to bring your physique to a complete package. Address your issues and post them to perfection!

You will notice that the rep range on all the movements is around the 8 - 10 with a few exceptions for the first few movements on each day just to get the blood saturated in the area.

It was important to make the most of the workouts with the amount of food intake currently being consumed; the whole idea of the high calorie diet was to intensify my strength for the heavy workouts not to aid in stamina. Rep ranges of 12 -15 would have been counter-productive at this stage and pushed my workouts towards an aerobic workout rather than the anaerobic workouts I needed to pack on the size. The duration of time in the gym for each workout never exceeded more than 1 hour any more than this and I would have been burning off more calories than I needed to. There is a saying that perfectly encapsulates building muscle with regards to calorie burn:

"If there's no need to run, walk
If there's no need to walk, stand
If there's no need to stand, sit
If there's no need to sit, lye
And if you're lying, sleep."

Basically do as little as you need to until it is required of you. Eat and train to grow, the carving and shaping, well that comes afterwards; shit Michael Angelo couldn't have sculptured Adam to perfection with out a big piece of ugly rock!

The movements I choose for a training system comes down to:

- What equipment I have available
- What I feel works best for a certain body part
- How certain movements and body parts can oppose each other through relaxation and contraction
- And finally, what I like. After all these aspects are covered, I have devised my plan and have it written down in front of me, it is impera tive to see it through for several months before adding and or replacing exercises. Constantly making alterations will never prove if a system is beneficial to you; as we all know everybody is different and just because benching for the chest or squatting for your legs is the best for John Smith it may not be the best for you. The only constant change I make on a weekly basis is the order in which my exercises fall on each day.

Take Tuesday for example.

TUESDAY - DELTS & QUADS

Upright Rows	x 4
Press behind neck	x 3
Down rack laterals	x 3
Db Front Raise	x 3
Leg extension	x 4
Leg press	x 4
Squat	x 4

If I was to start with delts every Tuesday my energy reserves are depleted by the time I get round to them, so I can never give 100% to that body group, by rotating the body groups around on a weekly basis all aspects of your physique get maximum attention. I would also recommend rotating the movements within a group as I did to maximise symmetry and development. The body loves routine and will work at its best when it knows what you want from it, but through rigid your body will adapt quickly leaving you wanting. This is the reason many are forever hitting plateaus and struggling to improve.

Mass Diets by Chris Hart

Probably the biggest change I made to my approach to this competition was my "off season" phase. Now personally I don't like the term "off season" because as a bodybuilder everything we do is striving towards one particular

goal **GETTING BIGGER**, but for arguments sake it's the easiest way to describe my bulking period.

Now I don't like putting on excess weight and I have always tried to stay within a safe area on and off cycles to be able to bring my weight back in line to look in reasonable shape, but this time around I thought **FUCK IT**!! I was going to eat religiously every 2 hours with out fail and I was going to eat WELL, boy did I accomplish that! :

From mid **September 2003** approx one year from show day I weighed approximately 13st 12lbs (194lbs 88kilos), by the beginning of **January 2004** I came in at 16st 12 lbs (236lbs 107 kilos) a 42lb or 19 kilo weight increase in approximately 14 weeks, that's 3lbs or 1.4 kilos a week! Looking back now in retrospect I achieved what I set out to do but I never intend to go that heavy again.

The whole idea for gaining that much weight was to promote further muscle growth. It can be difficult to notice during a huge bulking phase any extra muscular gains you have achieved through the excess layers of body fat, its not until you shred it down that you finally reap the rewards. The essence of gaining body weight is consuming more calories than you can burn off, having far more calories to work with in a bodybuilding sense provides us with multitudes of energy, **plenty of energy = GREAT WORKOUTS**. Have you ever wondered why power lifters are all on the tubby side?

Here is the example of my daily food intake at the heaviest stage of my bulking phase:

8:00am Get up

8:30am Quaker apple & cinnamon oatmeal mixed with 50g whey and 1/2 pint semi, plus hand full of raisins. (Mixed night before and left in fridge to soak) Kcals = 721 / Protein = 27g / Carbs = 129g / Fat = 6.2g

10:30am 4 whole eggs scrambled with a little milk, with 1 pack Uncle Bens microwave rice Kcals = 777 / Protein = 40g / Carbs = 82g / Fat = 30g

12:30pm 1x Protoplex MRP mixed with 1-pint semi + 1 x Nutrigrain bar Kcals = 696 /Protein = 63g /Carbs = 82g /Fat = 13.5g

1:30pm Train approx 45mins - 1 hour

2:30pm 75g No Bull Whey + creatine with 1-pint semi, 1 large banana Kcals = 625 / Protein = 43g / Carbs = 86g / Fat = 10g

4:30pm 2x w/m pitta breads stuffed with 9oz lean steak mince and a little ketchup Kcals = 808 / Protein = 68g / Carbs = 32g / Fat = 43g

6:30pm 9oz grilled steak, 3 boiled whole eggs sliced with a side salad and low fat dressing. Kcals = 793 / Protein = 100g / Carbs = 20g / Fat = 33g

8: 30pm 2x tin of tuna with various pickles and low fat mayo
Kcals = 270 / Protein = 39g / Carbs = 6g / Fat = 9.5g

10:30pm 75g No Bull whey isolate with 1-pint semi
Kcals = 526 / Protein = 81g / Carbs = 30g / Fat = 11.5g

11:00pm Retire for bed

Total intake for the day: Kcals = 5186 / Protein = 461g / Carbs = 467g / Fat = 156.7g

I have always been a believer of good quality food over more modern meal replacement alternatives, don't get me wrong I believe they play a vital role in delivering us with the three essential elements of growth but compared to a lump of steak and a bowl of rice it comes in second. Using MRPS within a bulking phase can keep you on the right track, we all appreciate that eating large quantities of food can some times be trouble some whilst drinking is far easier. I also stand by the benefits of good old cow juice to bulk up on extra calories. During my bulking phase I consumed on a daily basis in my protein supplements and general additions up to and in excess of 2 litres of semi skimmed milk a day. Within the milk alone I consumed approximately 1000 calories a day. I believe milk to be one of the best additions to any body-builder's diet for the development of quality muscle, plus it is one of the easiest ways to suddenly drop your calorie intake closer to contest by taking it out of your diet but I'll go more into that later.

As I said earlier, gaining this much weight is not an approach I wish to try again but this is only down to personal reasons not that the approach wasn't worth it. Standing at only 5ft 6inchs can be a benefit as a bodybuilder regarding symmetry but for carrying large amounts of body weight and to gain it suddenly really seemed to take its toll on my day-to-day life. I struggled to find clothes to fit me; every thing I owned was no good apart from a few items and trying to purchase new clothes was a pain in the arse, but probably the worst aspect of the bulking was how I was feeling about my self, as gaining so much weight was a look I didn't enjoy; the only time I could keep focused was when I was in the gym and pushing those big ass weights that always brought every thing back into perspective. After all is said and done providing your body with that much nutrients, training like a bull and having the focus of a show in several months time there was only one outcome for

S U C C E S S .

To take the step of such a large bulking period is a decision you have to give serious consideration, but if it is a route you are prepared to take then be ready for some SERIOUS work to complete the package.

Wishing you all success

Chris Hart

Bodybuilding Glossary of Terminology

17aa: A non 17aa steroid will be largely broken down by your liver if ingested orally - fuck all use to anyone. But those clever chemist bastards found that by adding a bit onto the steroid molecule (at the C17 position.), the molecule would pass through your liver unaltered - happy days. Once through the liver and into the blood stream it can work its magic. So 17aa steroids are basically steroids with a bit stuck onto them that allows you to take them orally. Andriol is the only mainstream oral steroid not to have this property.

Aerobic: Requiring oxygen. When describing exercise, it refers to extended sustained levels of exertion during which metabolic processes that provide energy are dominated by the complete oxidation of nutrients

Agonist: a chemical agent that stimulates, activates, accelerates, or enhances a process in the body

ALA. Alpha Lipoic Acid: Non steroidal anti-oxidant. Helps to neutralize cell-damaging free radicals in both the water-soluble and fat-soluble compartments of the cell.

Amino acids: basic building blocks of protein.

Anabolic, anabolism: tending to build or repair tissue, muscle tissue in particular

Androgenic: producing or accentuating male sexual characteristics (body hair, deepened voice, male pattern baldness). One of the characteristics of steroids, whether synthesized in the lab or naturally in the body is their anabolic-androgenic ratio: if some amount of steroid X produces the same anabolic effects as a given amount of testosterone, how do the androgenic effects compare to those produced by that quantity of testosterone.

Antagonist:

1. A chemical agent that inhibits, prevents, slows, or stops a process in the body
2. A muscle that relaxes or stretches during the performance of a move ment.

Anti-Estrogen: i.e. Tamoxifen Citrate (Nolvadex). It is intended for use in estrogen dependent tumors, i.e. breast cancer. Nolvadex works by competitively binding to target estrogen sites like the breast. This drug is not toxic nor have any side effects been seen in athletes who used the drug as an anti-

estrogen. Often a dosage of 10mg to 20mg daily gets the job done. These days, alternative products such as Femara and Arimidex do a better job but are less obtainable.

Aromatase: an enzyme responsible for (among other things) converting testosterone into estrogens

Aspirate: during intramuscular injections this is the practice of withdrawing the plunger part of the syringe to check for blood. Note. If there is any blood, then you must relocate the jab and try again elsewhere. You shouldn't proceed if you draw ANY blood in the syringe. The consequences can be fatal.

Basal metabolic rate: the rate at which the body burns calories while awake but at rest (usually measured in calories per day)

Beta agonist: a beta-agonist or beta adrenoceptor agonist is a drug or chemical that partially mimics the effects of epinephrine primarily targeting the beta adrenoceptors which accelerate heart rate and increase blood pressure (beta-1), dilate bronchial passages (beta-2), and release fatty acids from fat cells into the blood stream (all beta receptors). The most commonly encountered beta agonists are asthma drugs such as ephedrine and albuterol which target the beta-2 receptor

BF%: body fat percentage.

Body mass index, BMI: yet another way of approximating body composition for use in large-scale medical studies and for health reports to refer to in the popular press. This particular measure is calculated by dividing your mass in kilograms by the square of your height in meters. While such simplistic measures are useful for large statistical samples of the general population, their value is highly limited for individuals, particularly athletes who can be very healthy and have low body fat percentages despite having a higher-than-recommended BMI.

Total bollocks: Another profanity of Mick's reference someone's genitals

Calorie: a unit of energy, equal to the amount of energy needed to heat one gram of water one degree Celsius. In common usage, the "calories" most often refer to kilocalories (also known as Kcal or "food calories") which are really 1000 calories.

Carb-up: after any period of carbohydrate depletion, particularly as part of a cyclic ketogenic diet, the consumption of large quantities of carbs with the intent of saturating muscle glycogen stores.

Catabolic: the opposite of Anabolic. i.e. Breaks down muscle tissue.

Compound, compound movement: an exercise that targets a more than muscle or muscle group simultaneously; usually the movement involves flex-

ing or extending at least two joints. Lat pulldowns, squats and bench presses are compound movements, curls, leg extensions and flyes are not.

Concentric: done as the muscle contracts; "concentric strength" is the weight that can be lifted working against gravity (that's what you usually think of as 'weightlifting')

Corticosteroids: catabolic steroids such as prednisone or cortisol. These are used to reduce inflammation by signaling tissues to break down. While this certainly does have medical uses, corticosteroids will not aid in building muscle - quite the opposite, in fact.

Deoxyribonucleic acid (DNA): the chemical typically formed into chromosomes, which form the chemical basis of genetics and heredity. Your DNA is what makes you a human and silly enough to lift heavy weights all day for fun.

Depot: basically the addition of a carbon chain to the end of a molecule to delay its break down. For instance, propionate has 3 carbon atoms in the chain where as Enanthate has 8. So depot - basically a tail of 8 or more carbon atoms added to a steroid molecule to delay absorption.

Dihydrotestosterone. DH: a highly androgenic hormone produced from testosterone by the enzyme 5-alpha-reductase. This hormone is the primary culprit in male pattern baldness and benign prostate enlargement.

Dinitrophenol, 2, 4-dinitrophenol, DNP: a potent nonselective uncoupler of oxidative phosphorylation that is not only effective when ingested, but can also be absorbed through the skin. It is used industrially as a wood preservative, in the production of explosives, and as an ingredient in insecticides. It is extremely flammable or explosive when dry.

Its use as a weight loss aid dates back to the 1920's, but side effects such as lethargy, malaise, death, and bad breath soon caused the medical establishment to discontinue its use. Reintroduced to the public as a weight loss technique by the late Dan Duchaine, the small therapeutic range (the difference between the effective dose and the lethal dose) and serious side effects have continued to discourage its use for anybody with any amount of brains.

Diuretic: a drug that increases the rate at which water is excreted through the kidneys

Down regulation: decreasing the activity or responsiveness of a physiological process by reducing the number of available receptors.

Drop-set: a regular set of exercises except when failure occurs, or at a predetermined time, rather than give up, the used weight is reduced to allow more reps.

ECA, ECA stack: Ephedrine, Caffeine and Aspirin; a popular and effective thermogenic combination of drugs, used for weight loss and energy. Ephedrine is a stimulant that acts to increase alertness, energy, and body temperature, thus increasing caloric expenditure.
Caffeine inhibits the body's natural tendency to counteract the stimulant effects of ephedrine, so that the two of them used together increase caloric expenditures more than the sum of the increases caused by each one used individually. The most common dosage is 200mg of caffeine taken with 20mg of ephedrine (= 25mg of ephedrine hydrochloride) three times per day, the third dose being taken not later than dinnertime. Caffeine and ephedrine act as appetite suppressants, which has weight-loss benefits as well.
60mg of aspirin (about a quarter of a standard aspirin tablet) is often added to the stack, but studies have not shown conclusively that ECA is more effective for weight loss than ephedrine and caffeine without aspirin.
Please note that ephedrine and caffeine also have a diuretic effect, so some weight loss will be due to a loss of water and not fat.

Eccentric: done as the muscle extends or relaxes; "eccentric strength" is the weight that can be lowered under control

Ectomorph: thin and linear body type

ED: every day.

Electrolytes: minerals such as sodium, potassium, magnesium, and calcium used by cells in the creation and elimination of membrane potentials used to propagate nerve impulses and muscular contraction

Endocrine: glands that produce chemicals released into the bloodstream. The pituitary and adrenal glands are endocrine glands; salivary glands and sweat glands are not.

Endomorph: rounded body type with small shoulders

Enzyme: a protein catalyst; enzymes are involved in digestion and both the synthesis and breakdown of proteins, hormones, and other substances in the body

EOD: every other day.

EPO, Epogen: available in 2000, 3000, 4000, and 10,000 IU vials. An injectable protein hormone that acts on bone marrow to stimulate red blood cell production, (which are the oxygen carrying components of blood) Side effects are over production of RBC (red blood cells) which turns blood into a thick "sludge" and will block the heart, resulting in death. Dehydration MUST be avoided when using this crap.

Ergogenic: tending to increase muscular power, endurance, or size.

Esiclene: an Italian water based steroid. It will swell a local injection site and cause the muscle to gain size temporarily. Has a best result when used in smaller muscles like the biceps, calves or rear delts.

Essential amino acids: Amino acids which cannot be synthesized by the body from other amino acids and, thus, must be present in the diet: leucine, isoleucine, lysine, methionine, phenylalanine, tryptophan, and valine

Essential fatty acids: unsaturated fatty acids which cannot be synthesized by the body and are used as the starting point for the biosynthesis of necessary metabolic and hormonal chemicals.

Forced rep: A forced rep is a repetition performed with assistance from a spotter after a lifter has reached the point of failure with a given weight.

French Press: A single arm dumbbell raise for the triceps.

Front Loading: Done at the beginning of a steroid cycle to enhance its effect. Usually entails taking a large amount of a substance to quickly saturate the body with it.

Fructose: Also known as "fruit sugar" even though it is found in many foods besides fruit and it is not the majority of the sugar content in most fruits. Fructose also forms half of the sucrose (ordinary table sugar) molecule. Approximately 50 grams of fructose per day can be metabolized by the liver into glucose; amounts consumed beyond that will be converted into triglycerides using an alternate pathway.

Gyno, Gynecomastia: The development of breast tissue normally due to excessive estrogen or progesterone (lso known as "Bitch Tits".)

Gear: Another reference for steroids

Glycemic index Glycemic Index (GI): is a rating system for carbohydrates that deals with how quickly the sugar enters the blood stream and the extent of the insulin response following that entry. GIs were initially established to help diabetics regulate insulin levels following meals. Those carb sources that have low GIs generally enter the blood stream slower or cause a smaller insulin response. This can be beneficial for those trying to lose fat as well as those who are diabetic.

Glycogen: A type of starch synthesized from glucose for intracellular storage. The primary glycogen stores are in the liver and in the muscles; liver glycogen stores will be broken down to glucose and released into the bloodstream when blood sugar levels are low, whereas this does not happen with muscle glycogen stores which will be used only to provide fuel for the muscles themselves. Note that way that glycogen is stored in the body requires four grams of water to be stored for each gram of glycogen. The combined weight and volume of muscle glycogen stores accounts for a significant part of total muscular size.

The depletion of these glycogen stores (and the release of the accompanying water) is what accounts for the rapid weight loss experienced in the first few days of ketogenic and other reduced-carbohydrate diets.

Had the Dick: Fucked / Broken

HIT: "High Intensity Training". Often referred to by those who have tried it as: SHIT.

HTPA: The Hypothalamic-Pituitary-Testicular Axis, or HPTA for short, is the thermostat for your body's natural production of testosterone. Quickly restoring the HTPA to normal levels post steroid course is crucial to the amount of gains kept.

HydroxyMethylButyrate: HMB -A metabolite of the branched-chain amino acid leucine, HMB is also available in supplement form. Some studies have shown increased growth in cattle given HMB, but evidence of any value for increasing human muscle growth and athletic performance is limited. Not to be confused with GHB.

Intramuscular: Injecting into the muscle rather than a vein.

Insulin resistance: A reduced sensitivity to insulin, meaning that more insulin must be released to cause a given amount of nutrients uptake into the body's cells. Note that the down regulation of insulin sensitivity is likely to be more extreme in lean tissue than adipose tissue, so that persons who have developed a high degree of insulin resistance are likely to preferentially store nutrients as fat rather than use them for tissue growth and repair.
Type-II (adult onset) diabetes is an extreme form of insulin resistance.

Isometric: Not involving contraction or extension; isometric exercises are done by tightening the muscles without moving any part of the body, such as by pushing against a brick wall instead of lifting a weight.

IU: International Units: Commonly used to measure HGH and Insulin. These measurements are found on insulin syringes only. 10ui = 1ml.

Kcal: 1000 calories or one "food calorie"

Lean body mass: Total body mass minus fat mass; this includes muscle, bone, organs, water, etc.,--everything but fat.

Mesomorph: Body type with thick muscles and heavy bone structure

Mg Milligrams: Usually per Milliliter e.g. 250mg per ml is 1ml of 250mg. 2ml of the same substance would amount to 500mg.

MRP: Meal replacement powder.

Multi Vial: A vial ranging from 2ml-100ml. Will normally have a rubber cap which; shouldn't be removed. The cap can be pierced repeatedly to allow small amounts to be withdrawn without compromising the sterility of the remaining liquids.

Nitrogen Balance: For every gram of protein there is 16% nitrogen. Protein absorption cannot be measured directly but the level of nitrogen excreted through urine can. A positive nitrogen balance is when we excrete less nitrogen than we ingest. This is a good thing as it means the protein which contained the nitrogen was absorbed in some way.

Over The Counter, OTC: Sold without a prescription

Overtraining: Training beyond the body's ability to repair itself. This can be caused by training the same body parts too frequently so that the body does not have time to recover before the next workout; workouts that are consistently harder than the body is able to recover from fully; or impairment of the body's normal recovery ability due to nutritional deficiencies, illness, or stress. Besides impairing athletic performance, overtraining can increase the risk of injury or disease. Symptoms of overtraining include fatigue, reduced performance, and increased resting heart rate. Rule of thumb: Give a body part 36hrs minimum to recover from a workout.

Pre-exhaustion: To perform one or more sets of an isolation movement prior to the performance of a compound movement.

Pre-loaded pin: Can refer to steroids which arrive from the manufacturer already in a disposable syringe.

Progestogenic Activity: Like Estrogen this is another female hormone. Both hormones can cause bloating, and both can cause gyno; most commonly caused by Nandrolone.

Prohormone: are actually hormones themselves and are chemicals produced by the body (or close "chemical cousins" of such chemicals, as is the case with the non - varieties). The "pro-" part is used for two reasons: first, because rather than themselves being the hormone one is actually interested in supplementing, they are instead used by the body's biochemical pathways to produce the hormone of interest; second, marketing.

Prone, pronation, pronated: Turning face-down or palm-down

Pyramid: Fairly straightforward mathematical notion. If for example you're pyramiding reps on sets of an exercise, your first set may have 10 reps, the next 8, then 6 then 4 then 2.
We can look at the like:
Set 5 11
Set 4 1111
Set 3 111111

Set 2 11111111
Set 1 111111111

Receptor: A chemical site either within the cell or on the surface of the cell membrane that responds to the presence of a chemical stimulus such as a hormone or neurotransmitter and triggers a series of chemical events that produce a response on a cellular level.

Saturated fats: Fats comprised of fatty acids in which all possible bond positions along the carbon backbone are filled with hydrogen. Saturated fats are solid at room temperature, stable at high temperatures, and have long shelf-lives. While this makes them excellent for frying, especially deep frying, they have no nutritional or metabolic functions beyond providing calories.

SEO: Site Enhancement Oil. Synthol, pump 'n' pose, etc.

Set: A sequence of one or more complete performances of a movement, or rep done as a unit with minimal or no pause in between. When you pick up a barbell, curl it ten times, and then put it down, that is one set of ten reps.

SHITE: shit

Stack, Steroid stack: When more than one steroid is used to give a better, and often stronger result.

Striated muscle: Muscle tissue composed of multinucleate cells with alternating dark and light bands; also known as "voluntary muscles" because their contraction and relaxation can be controlled voluntarily.

Striations: Fine grooves or bands on the surface of a muscle, visible through the skin in ripped bodybuilders

Stupid question: Asking anybody, "How much weight will I gain on a course?" Or, "How much muscle will I lose after my course?" I could take the same steroid 10 times and get 10 different results. The point being, if I can't predict it for myself, how the hell can I predict it for you??"

Subcutaneous: Injecting under the skin (Usually the abdomen).

Sublingual: Absorbed into the bloodstream through the skin under the tongue, an area with especially thin skin and a rich blood supply. It also bypasses the liver and the rest of the digestive system and exposure to all the acids and enzymes involved.

Supine, supination, supinated: Turning face-up or palm-up

Synergism, synergistic: A combination of different components or elements which produce a result greater than the sum of the effects that would have been produced by each one separately.

Synergist: Muscles that assist in the performance of an exercise by adding to the force required to execute the movement

Tapering off: Reducing quantities taken of a drug or supplement at the end of a cycle.

Test: Testosterone.

TWAT: a favourite profanity of Mick's which explains someone with an IQ of equivalent of a yoghurt!

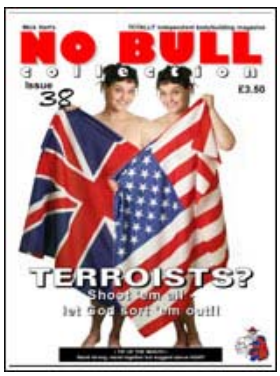
Thermo genesis, thermogenic: The generation of heat, usually through biological processes. Thermogenic drugs, such as ephedrine and caffeine increase the rate at which the body produces heat internally, generally through the mechanisms used to maintain body temperature.

Transdermal: "Through the skin," as in transdermally-delivered drugs such as testosterone and estrogen patches. Transferal delivery allows chemicals that would be broken down by the digestive system or destroyed by the liver to pass into the bloodstream. It also can provide a slow and steady level of the chemical rather than a sudden "pulse" when hitting the digestive system.

Triglyceride: Chemical name for fat usually used when referring to fats in the bloodstream rather than in food. The name comes from the three fatty acid chains that together with the glycerol "backbone" make up the molecule.

Wilks Formula: Named after Robert Wilks, a formula used to determine the best lifter or lift of power lifters of different body weights.

(The terminology data appeared in the NO BULL magazine courtesy of Moe and the lads with additional material from Mick. My sincere thanks)



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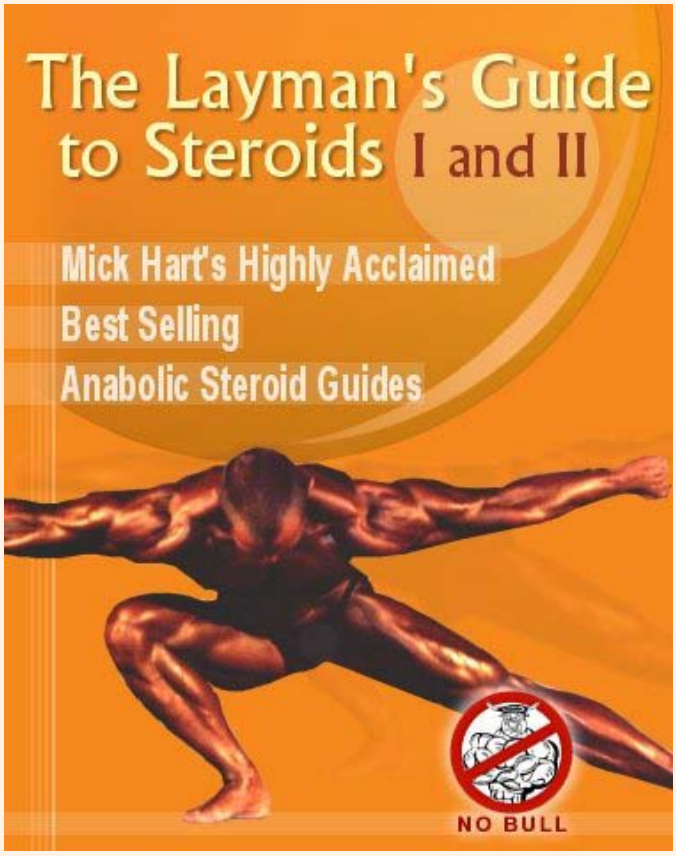

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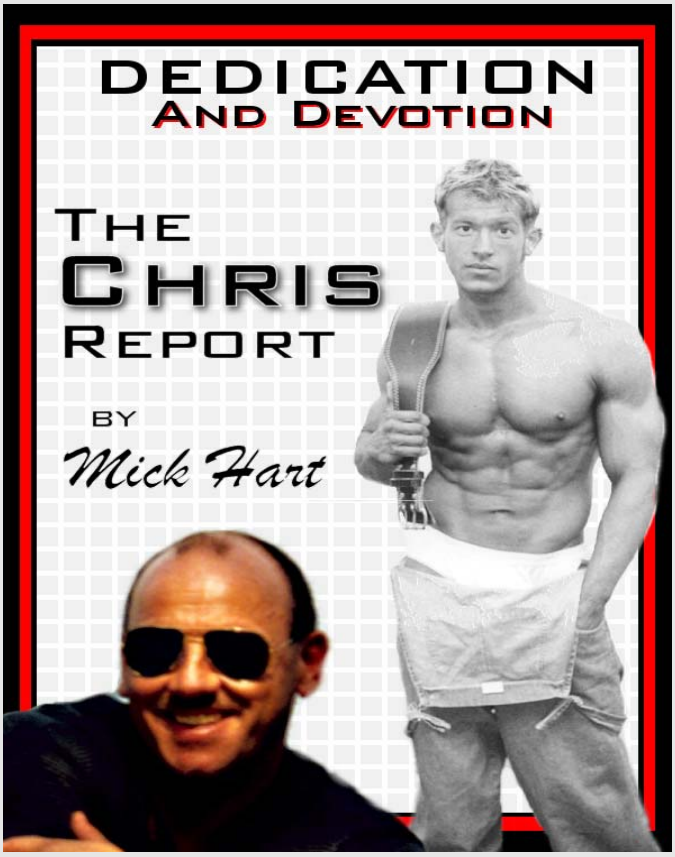

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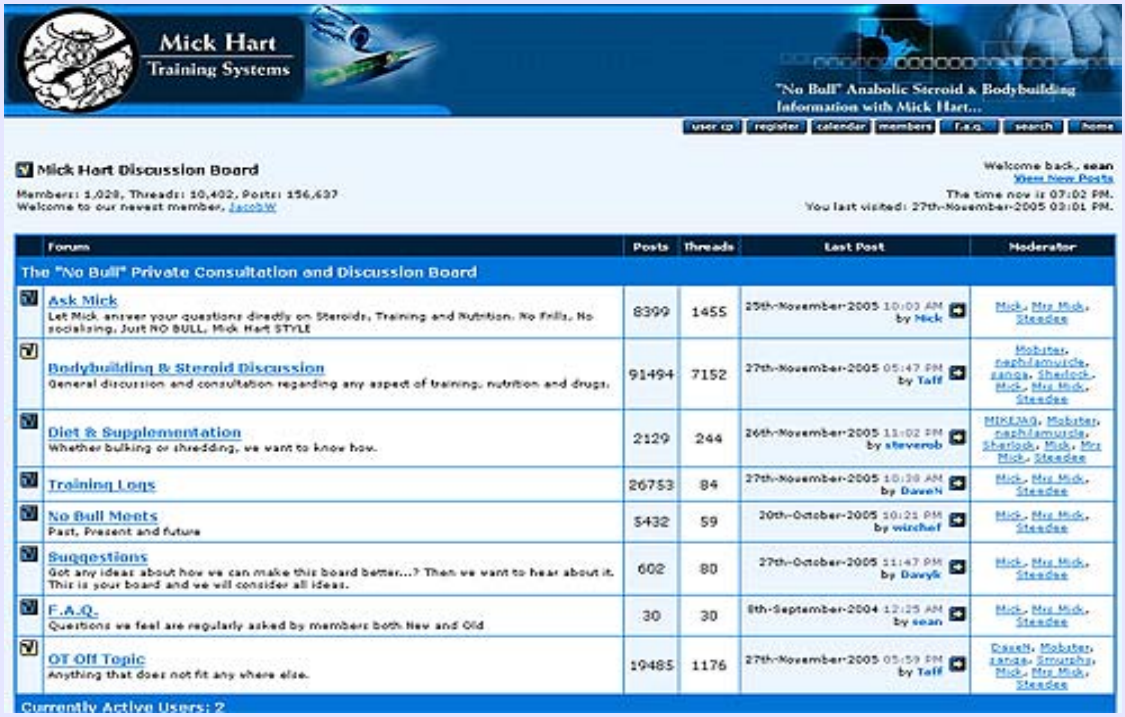
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Welcome back, sean
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8399
1455
25th-November-2005 10:03 AM by Mick
Mick, Mrs Mick, Steadee
Bodybuilding & Steroid Discussion
General discussion and consultation regarding any aspect of training, nutrition and drugs.
91494
7152
27th-November-2005 05:47 PM by Taff
Mobster, naphilamuscle, zango, Sherlock, Mick, Mrs Mick, Steadee
Diet & Supplementation
Whether bulking or shredding, we want to know how.
2129
244
26th-November-2005 11:02 PM by steverob
MIKEJAG, Mobster, naphilamuscle, Sherlock, Mick, Mrs Mick, Steadee
Training Logs
26753
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27th-November-2005 10:38 AM by DaveN
Mick, Mrs Mick, Steadee
No Bull Meets
Past, Present and future
5432
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20th-October-2005 10:21 PM by wirchef
Mick, Mrs Mick, Steadee
Suggestions
Got any ideas about how we can make this board better...? Then we want to hear about it. This is your board and we will consider all ideas.
602
80
27th-October-2005 11:47 PM by Davyk
Mick, Mrs Mick, Steadee
F.A.Q.
Questions we feel are regularly asked by members both New and Old
30
30
8th-September-2004 12:25 AM by sean
Mick, Mrs Mick, Steadee
OT Off Topic
Anything that does not fit any where else.
19485
1176
27th-November-2005 05:59 PM by Taff
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Information about other useful bodybuilding and steroid resources on the 'Net. With so much shit on the Internet and useless and crap information you gotta be careful who you listen to. So I'll give you a few pointers that will help.

Examples of some of the training consultations I do. Many people who join my board do so in order to get direct answers to their specific training and drug questions. Some of these make excellent reading and I'll send some of the more general ones. Whilst not all these will relate to you directly, reading these is an excellent way to build your overall knowledge of steroids and training. This way you will have a deeper understanding of the principles involved and be able to make better and safer decisions about training and steroid use yourself.

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For those of you who don't know him, here's an overview of some of Mick Hart's achievements and qualifications:

Fully qualified BAWLA Olympic grade A Coaching Instructor who has been in professional bodybuilding now for about 25 years and in that time has become one of the leading authorities in the sport.

Writer of two best sellers on the subject of steroids and owns, designs, prints and publishes the monthly magazine "NO BULL COLLECTION" which is "killing the opposition" and which is fast becoming the top cult steroid read in the world - due to it's open, honest, independent and brilliantly written steroid information.

In bodybuilding, not only has he competed at a high level himself, he has coached and trained no less than 80 first places, 70 seconds and more than 20 thirds in the last four years alone - many at the highest levels too! Has also trained MANY champions (many of whom sadly do not admit it)

As for steroid advice, cycling and safety methods, many of the world's TOP pro's have sought his advice.

Leading Bodybuilding and Steroid Advisor to the British Media including the BBC and ITV (the two principal British TV channels.). Has appeared many times now on TV and Radio.

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